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Edward Thomas,
1848.

Chester

THE
HISTORY
OF
COLD BATHING:
Both Ancient and Modern.

THE
HISTORY

OF
GOLD-BATHING

AND ITS BENEFITS

ΨΥΧΡΟΛΟΥΣΙΑ:
OR, THE
HISTORY
OF
Cold Bathing:

Both Ancient and Modern.

In Two PARTS.

The FIRST, Written by
Sir JOHN FLOYER, of *Litchfield*, Kt.

The SECOND,
Treating of the Genuine Use of
HOT and COLD BATHS.

Together with
The wonderful Effects of the *Bath-Water*, drank
hot from the *Pump*, in decay'd *Stomachs*, and in
most Diseases of the *Bowels*, *Liver* and *Spleen*, &c.

Also proving,
That the best Cures done by the *Cold Baths*,
are lately observed to arise from the Tempe-
rate Use of the *Hot Baths* first.

By Dr. EDWARD BAYNARD,
Fellow of the College of Physicians, *London*.

The Second Edition,
With large Additions, and a Copious Index.

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THE HISTORY
OF
COLD BATHING:
Both Ancient and Modern.

In Two Parts.
THE FIRST PART
CONTAINING A HISTORY OF COLD BATHING
FROM THE FIRST RECORDS
TO THE PRESENT TIME.
THE SECOND PART
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LONDON:
Printed for J. and B. Nodding, in the Strand,
near the Royal Society, at the Sign of the Crown.
MDCCLXXI.

To the Right Worshipful
the ROYAL COLLEGE
of PHYSICIANS,
London.

Learned and Honoured Sirs,

THE Design of this Essay being to recommend the Ancient Pseuchrolusia to the present Age, I most humbly beg the Protection and Favour of your Learned Society, whose great Endeavours are to revive all old Practices useful to Mankind, as well as to invent new ones.

The Dedication.

Many Ancient Practices in Physick have been lately revived in England, such as Copiose Phlebotomy; the want of which made Pleurishes very fatal in England, as Polydore Virgil observed them formerly to be. This was an Ancient Practice in Galen's time, who bled (for Pains and Inflammations, and Rheumatisms, which he call'd Inflammatory Lassitudes in his Treatises of preserving Health, till the change of the Colour of the Blood, or ad Animi deliquium) many pounds at one time

Cælius Aurelianus mentions the drinking of the Nitrous Purging Water, and the Sulphu-

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rous Bath, and Chalybeate in Italy; and these but of late Years have come into frequent use in England.

Cupping was always used by the Ancients instead of Phlebotomy upon all occasions, and but little use has been made of them till very lately, 'till the Instruments were much improved by the Philosophy of the Air-Pump: But I fear the Ancient Rules about it are disused, and therefore some ill Accidents will in time condemn the present use of Cupping without general Evacuations preceeding. But there are yet many useful Practices not yet revived, such as the old Gymnastick Art and Frictions,

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by a Strigil or dry Sponge, by which the Circulation of Humours, the Nutrition of the Body, and the opening of the Pores were much promoted: and the exact Method of Dieting in all Diseases is not restored yet.

In Bathing the Greeks and Romans used many excellent Smegmata to cleanse the Skin, and cure Leprous Scabs; they used also Oyls and Ointments after Bathing, to defend the Skin against the Sense of Cold Air, as well as to soften it.

None of the noble Structures for their Hot Baths were made by the Romans without a Cold Bath or Piscina, and the use of

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of Cold Bathing after Sweating in the Hot Bath, is not yet commonly practis'd in England.

I do esteem Cold Bathing a very ancient as well as useful Practice, which ought therefore to be revived; and tho' that has always been practis'd in England, yet for 100 Years past, it has been much disus'd; for which I will give you the most probable Reasons, after I have observ'd the Antiquity of Cold Baths here; And I will add these two farther Remarks, that they will prove useful for the Prolongation of Life, and be useful to other Animals as well as to Mankind; and at last shew the

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Several Methods whereby Cold Bathing has been improv'd.

No part of **Physick** is more ancient than **Cold Bathing**, since we find many Descriptions of its good Effects in our oldest Authors, Hippocrates, Celsus, Cælius Aurelianus, and Galen : And to assert the usefulness and safety of the Cold Baths, I could instance in Augustus and Horace, who used them by the Advice of Musa. Pliny and Seneca testify of the Use of them ; and Lampridius, that the Emperor Severus practis'd Cold Bathing for the Gout, who died here, Anno Ch. 213. And that Cold Baths were ancient-
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ly used in England, may be proved, because all the Northern Nations used that Method for fortifying themselves against their Cold Air. And since the Romans used it from Augustus's time till Severus, the Britans could not be ignorant of the Customs of their Governours during that time. Besides, none of our Histories can give us any late Original of our Bathing in St. Winifreds and and St. Mongah's Wells. And since the Baptifmal Immersion continued till the beginning of the last Century, that Religious Ceremony would teach the People that
Cold

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Cold Baths were safe and useful ; and because they ceased together, we may affirm that they did mutually preserve one another. No Subject can give a clearer Evidence, how easily new Opinions can change the best and ancient Practices, both in Religion and Physick, than this, for the Logical Notion about the Form and the Essence of Baptism, inclin'd the Age under King James I. to an indifferency as to Dipping or Sprinkling, which he ordered to be so expressed in the Catechism ; but this gave too much Encouragement to the Puritan's Sprinkling ; and about the Restoration, the words Dipping

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ping or Sprinkling were left out of the Catechism.

The Directory condemns the Baptizing in the place of Fonts, as Superstitious, and ordered Baptism in the middle of the Congregation, and sets too little Value on the outward Baptism, but declares Pouring or Sprinkling of Water sufficient for a Sign or Seal of the Covenant. To these two Reasons, I impute the disuse of Immerfion, which if it had continued, it would have prevented many new vain Niceties and Disputes concerning Baptism. And that this was the Ancient Constitution of the Church of Eng-

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England, appears by the first Book of Edward VI. where the Rubrick expressly commands the manner of Dipping; and in one of the Prayers of Baptism says, Grant to all them, who at this Fountain forsake the Devil, &c.

St. Augustine in his Book, De Civitate Dei, Lib. 22. assures us, That great Miracles were done by the Sacrament of Baptism in his Days; and mentions the Cure of the Gout, the Palsy, and Tumours thereby. This I mention to encourage the reviving of that laudable old Ceremony of Trine Immersion.

But

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But by way of Caution I must premise, that I will not concern my self in any Theological Disputes, whether Immersion be Essential to Baptism? Or whether it be in the Power of the Church to alter it? Neither will I determine against the Validity of Baptism by Asper-sion: these Disputes being besides my purpose. For all that I shall aim at, is to shew, that Immersion was generally practised by the Ancients, and that in this Church it continued in use till the beginning of the Last Age, and that there is not that Danger in it as Parents apprehend; but instead of prejudicing the
Health

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Health of their Children, Immersion would prevent many Hereditary Diseases if it were still practised.

The Reasons for the disuse of Cold Bathing in the last Century, were these.

The Ignorance of the People in Matters of Physick, who usually take that as well as their Doctors from the common Vogue, which is always altering and changing; and it was then the Interest of the Chymical Doctors to recommend themselves by new Notions, new Methods, and new Medicines, and they therefore rejected and cried down all the old Opinions
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and Practices. They imputed all Diseases to Crudity and Acid Salts, and taught that they must be cured by volatile and fixed Salts, by Chymical Effences and Strong Tinctures of Mineral Sulphurs, and Brandy-Spirits, which they did assure the World did strengthen Nature, and purify the Blood by Perspiration, and they wholly despis'd all the External Regimen prescribed in Gale-nick Authors as unnecessary: and Cold Baths ought to be esteem-ed the most considerable part of the Cold Regimen.

It is also very probable, that the change of Religious Opinions had

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had no small influence in the use of Cold Baths; for anciently the Virtues of the Holy Wells were imputed to some Saint, which the last Age did not credit, and therefore rejected the Use of Cold Baths, with the Opinion of the Virtue of the Saint, after which came the disuse of the Baptismal Immersion also.

Parents pretended the Danger of that Practice, as well as the Immodesty; and they could not justify these Prejudices, without crying down Cold Baths as dangerous. And since they now farther object, that it never was the Custom to Immerse Children in England, I will give this
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remarkable Instance of the Baptism of King Edgar's Son, Etheldred, in Polydore Virgil's own Words, Is dum baptizabatur, cum subito in sacrum fontem confecti cibi reliquias ex alvo emisisset, traditur Dunstanus prædixisse ita futurum ut ille quandoque ingens patriæ incommodum dedecusque afferret.

*I shall add one more Reason of the disuse of Cold Baths, which was the Increase and Interest of Foreign Trade in the last Century, which then introduc'd all the Hot Regimen from the Hot Climates, such as Ta-
a baco,*

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baco, Tea, Coffee, Wine, and Brandy-Spirits, and Spices, and these are unnatural to English Bodies; for a Cold Regimen is proper to Cold Countries, as the Hot Regimen for Hot Regions, because they preserve our Bodies in a State suitable to the ambient Air. If we stop the Pores by a Cold Regimen in Hot Countries, a Fever and Fluxes immediately succeed; and if we keep them open by a Hot Regimen in Cold Countries, Defluxions and Intermitting Fevers, and Faintness happen.

We cannot assign any other probable Reason, why Pleurifies
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(which are Species of Rheumatifms.) were rare and unknown to Physicians in Henry VII. Days, and they as well as Rheumatifms and Rickets, are now very frequent, unless it be, that formerly the English were used to a Cold Regimen and Cold Baths, but of late have disused all the Cold Regimen for the Hot. I cannot here omit that judicious Remark of Sir Walter Rawleigh upon the Sacred Story of the Angel's Advice to Sampson's Mother, To drink no Wine whilst she was with Child, That since Women with Child use too much Wine

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and Strong Drink, they bring forth feeble Children, and the whole Race of Strong Men is decay'd.

I know the great Honour and Respect you have for the Opinion of the Lord Verulam, and shall endeavour to prove his Approbation of Cold Bathing, and that it exactly answers all the Rules and Indications he has observ'd for the Prolongation of Life. He tells us, That the Prolongation of Life is chiefly to be expected from a right Regimen, and not from any particular Receipt or Food. Now 'tis
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observ'd by all Nations, that a rational use of Baths contributes much to the Health of the People.

The Lord Verulam orders the Application to be made to the innate Spirits for Prolongation of Life ; and 'tis known by Experience, that Cold Baths act much on the Spirits, and preserve them from Evaporation, and render them Strong and Vigorous : And he also directs us to alter the Parts by Topicks, such are Unguents, Frictions ; but Cold Baths do much more strengthen all the Nervous Parts, and stop the Evacuation of Humours, and that

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also helps the Circulation, in which Life it self chiefly consists.

Cold Baths answer all his Intentions for the Prolongation of Life, because they prevent the Depredation of the Innate Spirits, and also that of the External Air ; the Spirits are made less Depredatory when condensed ; and for this end he advises Opiates and Nitrous Medicines, but these cannot so effectually condense them as Cold Baths do, and they usually cool and compress them, and thereby produce Sleep.

The outward Air is made less Depredatory by being less felt by the Senses after Cold Bathing,

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ing, and by the same the Pores are closed, and the Air in the Humours is much compressed and cooled, and rendered more suitable to a Cold Atmosphere.

The following Assertion will more evidently shew his good Opinion of the Cold Regimen. He says, That the Juices of the Body are made less depredable by an austere Course of Diet in a Life accustomed to Cold by strong Exercises, and certain Mineral Baths. And I must add, that these must be Cold ones, and not Hot, which hasten Old Age, and shorten Life by Evacuation of

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Humours I might instance in Sir H. Coningsby's long Life, he being 88, and that he imputes to 40 Years use of Cold Bathing.

I shall next offer my last Remark, that the Cold Immersion is useful to other Animals as well as Mankind ; and since Physicians have learnt Bleeding Glisters, and other Medicines from the Physical Practice of Brutes, we may also learn Cold Bathing from some of them, and its Uses also.

Ælian affirms, That Wild Pigs will be vehemently convulsed by eating of Henbane, but by going

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ing into the Water, and by drinking of it, they will recover; and from hence we may learn the use of Cold Baths in Narcotick Poysons and Sleepy Diseases.

Our Water-Fowl usually wash themselves in wet Weather. And Celsus recommends the Use of Cold Baths against Rainy Seasons, which will cure the Pain of the Limbs, and Dulness of the Senses, occasioned before Rains.

Canary-Birds are subject to Convulsions, and they are usually cured by Immerfing them into Cold Water. I was lately inform'd by a Lady, whose Lap-dog I had seen
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in Convulsions, that 'twas cured of them by being thrown into a Tub of Water : And by these two Instances we may observe the usefulness of Cold Baths in Convulsions.

When I was at Willow-bridge, I observed an old Countryman, who brought his Mare thither, after her being covered, and that he forced her into the Water, and afterwards threw Water all over her with a Bucket, which practice he told me was common on such Occasions : 'Tis certain that Cold Water contracts and strengthens all Nervous Parts, and therefore Cold Baths have always been esteem-
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ed useful against Abortion.

I shall next relate the Steps or Degrees by which Cold Baths were introduced.

The Art of Cold Bathing was certainly first invented by the Common People, who used it for the Preservation of their Health, and fortifying themselves against Cold, as other Animals do. The Priests farther improved this by applying it to Divine Immerfion, thereby to purify the Spirits, and to make them more Calm and Vigorous in Devotion. The Ægyptians and Greek Physicians observed, how far it contributed to the Cure of many Diseases, which Hippocrates

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crates *mentions*, Palfies, Convulsions, Hypochondriacal and Gouty-pains, &c. The Romans *also much improv'd this Art by using* Cold Baths *in the Winter, for which I will give you this Quotation out of* Pliny's Natural History, *Cap. 29.* Hi regebant fata cum repente civitatem Charmis ex Massilia invasit, damnatis non solum prioribus Medicis; verum & Balneis frigidaque etiam hybernis algoribus lavari persuasit, merfit ægros in lacus, videbamus senes consulares usque in ostentationem rigentes.

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The English Nation has not been wanting to the improving of this Art, for they have discovered the Cure of the Rickets by it, and Rheumatick-pains also; and some use it in the Winter, as the Romans did. In Staffordshire at Willowbridge, they have a more bold Practice than either the Greeks or Romans used; they go into the Water in their Shirts, and when they come out, they Dress themselves in their wet Linen, which they wear all Day, and much commend that for closing the Pores, and keeping themselves cool, and that they do not commonly receive
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any Injury, or catch any Cold thereby, I am fully convinc'd from the Experiments I have seen made of it.

I cannot yet find, that Cold Baths have been tried in many Diseases, therefore we must imitate the Example of Antonius Musa, and when Hot Baths fail, try by a contraria Medicina, Cold Baths, as Pliny calls them. And since the Great Augustus as well as other Learned Romans by their Example and Authority, encouraged the Practice of Cold Baths so far, that they lasted during the Roman Empire; I hope to procure the Approbation of
your

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your Honoured and Learned Society, which would much contribute to the Reviving both the Sacred and Medicinal Immerfion: the Common People will teach one another, and be convinc'd by their Experience, but Learned Men are too apt to adhere to their own Opinions; and there is no other way to incline their Judgments, but by your Approbation, who have a general Knowledge of the Nature and Ufeulnefs of all Phyfical Things. And fince I know I muft meet with great Prejudices as well as Abufive Reflections in this Undertaking, I do here Appeal to
your

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*your penetrating Judgments,
and I question not but the Truth
of what is said on this Subject
will justify the Design. Though
I must beg your Pardon for the
many Errors and Faults I have
committed, Who am, Learned
and Honoured Sirs,*

Your most Humble Servant,

LITCHFIELD,
October 6. 1702.

JOHN FLOYER.

T H E

The Antiquity of the Religious and Medicinal Immersions.

LETTER I.

*To the Learned Physician,
Dr. William Gibbons.*

S I R,

I Design in this Letter to represent to you the great Antiquity of Cold Bathing, which I shall evidently prove, by reflecting on the Ancient Lustration begun by the Patriarchs, and afterwards imitated by the *Egyptians, Jews, Greeks, Romans*, and almost all Mankind, which both Sacred and Prophan History sufficiently testify : If the Religious Lustrations came from Revelation, a short use of them would sufficiently discover the Effects of Cold Water upon Immersion, which evidently Invigorates the Actions both of Bo-

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dy and Mind, and renders both more Sedate and Calm, and therefore well prepared for Devotion ; but 'tis most probable that the Ceremonies of Washing in Water, was a part of Natural Religion, invented by our Rational Faculties, and grounded on the Virtues of Cold Immersion, which might by some accident be then discovered ; the use of Water being so frequent, and the most natural and easy Method for cleansing of the Body, and that was thought by the Common People to cleanse away Sin ; but by the Philosopher to represent and produce an inward Purity in the Mind ; for which reason all Mankind used to wash themselves before their Sacrifices, and both Religious and Medicinal Immersions must be as ancient as the Sacrifices themselves.

The manner of purifying by Water seems as Ancient as the Flood ; for *Plato* in his Third Book, *De Legibus*, affirms, That the Gods purified the Earth by the Flood ; for which end they brought it on the Earth, and from this Opinion sprang the Custom of purifying by Immersion Mankind as well as the Earth, which Opinion is favoured by *Grotius*, where he Discourses of Strangers initiated into Judaism by Baptism ; *hanc opinionem arbitror fuisse inter instituta vetera orta post magnum diluvium in memoria*

riam aquæ purgati mundi. And St. Peter calls Baptism an Anti-type to the Flood.

I will give you some Instances from the Divine Writing, whereby I may prove, That the Ceremony of purifying by Water was ancients than the Law of *Moses*, and that it was practised by the Ancient Patriarchs; 'tis very probable, becaule we find it recorded that *Jacob* commanded his Family to purify themselves, and change their Garments, before they went to *Bethel* to Sacrifice. And *Job* speaks of a like Purification by Snow-Water; we also read that *Pharaoh's* Daughter went to the River *Nile* (there being no Fountain-Water in *Egypt*) to purify her self, or to procure Fecundity as was usually done thereby.

The *Israelites* were used to Immersion, not only by the Example of their Ancestors, the Patriarchs; but such Customs of purifying were used by the *Egyptians* amongst whom they lived many hundred Years.

Diodorus Siculus mentions the Customs of the first *Egyptian* King, who first washed his Body in Water, and then adorned himself in his Royal Robes before he went to Sacrifice.

Porphyry affirms, That the *Egyptian*-Priests washed three times in a Day upon extraordinary Sacrifices.

I will add one Testimony more to prove that Custom amongst the *Egyptians*, and this Point farther, that they had perfectly observed the natural good Effects of Cold Immersions, used in giving a great chearfulness and alacrity to the Animal Spirits. *Apuleius* Discourses of this *Egyptian* Custom thus, *Discussa pigra quiete alacer exurgo, meque purificandi studio marino Lavacro trado, septiesque submerso fluctibus capite lætus & alacer Deum præpotentem sic apprecabor.*

Moses afterwards in his Laws retains the Immersions of the Patriarchs and *Egyptians*, and prescribes divers Washings for the purifying of the Unclean, as those who had touched dead Bodies, or had Seminal Pollution, or were Leprous, Menstruous, or the *Puerpera's*; and 'tis a *Jewish* Custom to wash before Prayers and Sacrifice, and their going into their Temples: So *Judith* washed before her Prayers; and the *Mahometans* sprinkle their Heads with Water three times before their Prayers, and they now purify themselves in Fountains, after the manner of the *Jews*, from whom they learnt all their Lustrations; and the present *Moors* use a Lustration by washing in the Sea.

Pythagoras travelled into *Egypt*, and was a learned Physician as well as a Philosopher,

pher, and he taught the *Western Nations* that Purity was to be got by Washings and Sprinklings ; he therefore taught the *Greeks* all the Cold Immersions, whether Medicinal or Sacred, which he had learnt in *Egypt*.

Diogenes Laertius in the *Life of Plato* mentions a Cure done by the *Egyptian* Priests, by Bathing in the Sea-Water, and that it was the general Opinion of the World, that Salt-Water purified both Body and Soul, θαλάσσα κλύζει πάντα τῶν ἀνθρώπων κακὰ, and they also esteemed Fountains more efficacious than Rivers.

The following *Greeks*, as well as the *Jews*, acknowledge three sorts of Purifications by washings ; the Immersion was called λῶσις ; the washing of the Hands and Feet, νίψις ; the Asperision ῥαντισμός.

Virgil describes the washing of *Æneas* before his Sacrifice to the Gods above ; *donec flumine vivo—Abluero* ; and in *Dido's* Sacrifice to the *dii inferni* (where they only used Asperision)

Dic corpus properet fluviali spargere lympha,

but in all great Devotions, *Persius* observes that Immersion was practised.

*Hanc sante ut pascas Tyburino in gurgite
Mergis
Mane caput bis terque, & noctem flumine
purgas.*

The Romans had both their Religious Ceremonies and their Physick from the *Græcians*, and they improved the Art of Cold Bathing, as will be evidently proved by the Account given thereof in the following Letters, by divers Quotations from *Celsus*, *Suetonius*, *Seneca*, *Pliny*, *Orobasis*, *Ægineta*; and by the Account of the Writings of *Hippocrates* and *Galen*, I shall convince you that both these Masters of our Faculty well understood many useful Practices and Cures done by the Cold Immersion; and I will only add one Quotation from *Homer*, to shew, that the *Greeks* commonly practised the Cold Immersion, both for Purification, and the fortifying the Animal Faculties. For *Homer* mentions the purifying of the *Atrides* in the Sea, and that *Circe* was found by *Jason's* Companions washing of her Head in Cold Water, to help her Night-Dreams, and her Prophetick Extasies.

The most unlearned Nation knew the good Effects of Cold Bathing, and also used

used it in Purification, as well as the *Egyptians, Greeks, and Romans*.

Cambden assures us, That the *Gauls*, from whom our *Britains* sprang, had their Sacred Fountains, which they called *Divona*; and we may well suppose, that they used them both for Lustrations and Cures, as in following Ages (when Christianity came into *England*) the *Saxons* did: *St. Winefred* lived about the Year 644. and *St. Mongah* in the *Saxons* times; and we find the Wells dedicated to these Saints, were famed both for their Cures and Devotion. Many of our *English* Springs will do miraculous Cures when used in Cold Bathing, which in Ages more illiterate, were imputed to the Virtue of the Saint to whom it was dedicated, or the Devotions used there.

Roger Hoveden affirms, That at *Wy* in *Kent*, there was a peculiar Well, into which there was a wonderful Virtue infused by the Prayers of a certain *Norman* Monk.

And 'tis reported of *St. Francis*, That he cured many by the Water in which he dipt his Rope; and 'tis also affirmed, That there is a Water in *Flanders*, which will cure the Palsy after the little Image of *Monis acuti* has been soaked therein.

But I will return to our *English* Histories, and produce a miraculous Cure done by Immersion, which is recorded in Bishop *Hall's* Mystery of Godliness, and the same is quoted by the *New Britannia*. The Bishop mentions a Cripple who for Sixteen Years moved on his Hands, the Sinews of his Legs being contracted; this Cripple had a Monition in his Dream, to wash in a Well at St. *Madernes* in *Cornwall*, by which he was suddenly restored to his Limbs. And of this Story the Bishop took a particular Account in his Visitation, and had it sufficiently attested by many of the Neighbours, so that he was fully convinced that there was no Art or Collusion in it; but he believed that some good Angel suggested the Remedy.

I will next proceed to shew the Use of Cold Bathing formerly famous in *England*, and many *Northern* Nations for the Leprosy and Rheumatism.

The Leprosy was formerly more frequent in *England*, as appears from *Cambden* in his Description of *Leicestershire*, where he informs us, That the Leprosy about the beginning of the *Normans* spread all over *England* by Infection, and that that Age supposed it to come from *Egypt*, as it did in *Pompey's* Days; he farther tells us, That

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at *Burton* in *Leiceſtershire*, there was a rich Hospital built by a Collection through all *England*, for the *Lazars*, to the Masters of whom all the lesser *Lazars* in *England* were ſubject, as he was to the Masters of the *Lazars* in *Jerusalem*.

There is ſcarce any Cold Spring famous for any Cures, but it is alſo commended for Scabs and Leproſy, which muſt be grounded on the Experience of thoſe times in which the Leproſy was cured by Cold Bathing. And ſince the Leproſy was ſo frequent in the beginning of the *Norman* Reign, and that was cured by Cold Baths; they were alſo frequent amongſt the *Normans*.

The Leproſy might probably be the preſent Pox, which ſpread all over the World; and one would be apt to ſuppoſe that 'tis a Species of the Leproſy deſcribed in *Aretæus*, who mentions many Symptoms of it, as the Pains, Scabs, loſs of the Noſe, and Corruption of the Extremity of the Body. And *Philo* affirms, That the *Jews* were ſubject to an *Anthrax* or *Carbuncle* on their *Penis*, for which *Circumciſion* was uſeful. 'Tis well known that *Hippocrates* mentions the *αντιδόρες αιδόειον*, and that a *Caruncle* in the *Urethra* is to be cured by Suppurati-
on; and theſe are the peculiar Symptoms of
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the Pox, and cannot ordinarily depend on any other Disease than the present Pox.

The *Rheumatism* is an old *English* Disease, for which Cold Baths are famous; and yet that is commonly called a new Disease: Tho' that is described by *Hippocrates* under divers Names, as πόννοι ἄρθρων, πόννοι ἐνδέων, πόννοι πλιδρέων. And the *Sciatica* is plainly described, which is one Species of the Rheumatism. And as to the Small-Pox, that seems to be reckoned by *Hippocrates* amongst the Spring Diseases, and are called by him in his Third Book of Aphorisms Ἰκθυήσιες ἡλικώδεις; and in the *Coacæ prænotiones* number 114. φλυζακία, which happen in continued Fevers, and were fatal if they did not suppurate.

All the Diseases we esteem new in this Age, were formerly described under other Titles; and this Age has only better described them, and reduced them to their proper kinds. In *Hippocrates's Epidemics*, we may find all our present Fevers described, as those with Rheumatick-pains, Cholerick-fluxes, Peripneumonia's, Pleurifies, Angina's, Coughs, &c. The Pleurisy was a Disease very rare in *England* as *Polydor Virgil* says, This seems a Species of the Rheumatism, and was increased by our hot Dyet and Intemperance; and it was call-

called by *Dioscorides*, the Rheumatism of the Breast. 'Tis evident, That *Galen* describes it under the Notion of an inflammatory Lassitude, for which he prescribes Bleeding, *ad animi deliquium*, or at least twice a Day. He observes the Fever and Pains which attend it. He proposes a thin Diet of Ptysans, and a cooling slymy Diet of Lettice, Gourds, Mallows, Blites, &c. and Acids, as Vinegar with the Ptysans, and Fish for Diet, if it be proper to eat any Fleth. See *Galen* in his Fourth Book for preserving of Health.

The Scurvy is a new Name for the old Disease described by *Hippocrates*, under the name of Great Spleen, in which the Gums were corrupted, and the Breath smelt fætid; and if no Hemorrhagies happened, nor the Mouth had an ill Odor; the Disease affects the Limbs with ill Ulcers, and Spots on them.

The Rickets seem a new Disease, but it was probably the same which *Hippocrates* obscurely describes under the Name of those Diseases in Children, which are described by the bending of the Spine inwards, (*σπυδύλας τῆς κατὰ τὸ ἰνίον εἰσω ὥσιες*) and we find *λόφωσις*, and *ράχεα διασπορὴ*, and greatness of the Head, which are the Symptoms of the Rickets, were esteemed distinct Diseases.

I have given all these Instances of the antient Opinions, Practices, and Description of Diseases, to shew, that the Authors of our Faculty, *Hippocrates* and *Galen*, have laid the Foundations of Physick, upon which we ought to Build and Improve, to observe all the sensible Qualities in Medicines and diseased Humours, which they omitted, to describe all the Symptoms of several Diseases, and reduce them to their several Kinds, to Correct their Errors in Anatomy and Philosophy, and never to recede from the Foundations they have laid for any general Hypothesis how curious soever.

The Christian Baptism succeeded the *Gentile* Purifications, and that was performed by Immersion in *England*, and all Parts at the first planting of Christianity. In the Life of *Ælfredus*, we find that *Guthrumnus* the *Dane*, with thirty of his Companions were baptized in a Fountain; and *Alfredus de baptisterio susceptum nominat Athelston*. And they then used a second Rite of Ablution, *Cum vestes candidæ deponerentur*. Such practices of Ablution of Children which is both Religious and Physical, is practised in the *East-Indies*, as *Albert de Mandesloes* informs us in his Travels amongst them. He affirms, That the
Canarims

Canarims wash their Children as soon as they are born, by which they grow so hardy and strong, that 'tis ordinary to see Men amongst them of a hundred Years old in perfect Health, not missing a Tooth. He farther tells us, That the *Indians* oft stupify themselves with the *Datura*, and that they presently recover by moistening the Soles of their Feet with fair Water; by this effect, we may learn the benefit of Cold Immersion in Narcotick Poysons. The same Author observes, That the *Japonese* never swathe their Children, but wash them in Cold Water; and in *Japan* the Air is more inclined to Cold than Hot.

Because 'tis usually objected, That these Religious Practices of Immersion are suitable to Hot Regions, and not to the Cold, I will give some Quotations from the Writers of Travels into those Cold Countries, to shew, That the *Northern* People use such Practices. *Olearius* informs us, That Men and Women in *Muscovy* come naked out of their Hot Stoves; and so go into Cold Water, or have it poured on them; and in Winter they wallow in the Snow; and that they do the same in *Livonia*, where the *Finlanders* come out of their Hot Stoves into the Snow, with which they rub their Bodies as with Soap, and then return into
their

their Stoves again for a moderate Heat ; and thus they from their Childhood, use themselves indifferently both to Hot and Cold.

The *Moscovites* believe themselves the only Christians, because they are immersed into the Water, and not sprinkled ; and they will receive no Profelytes till they are rebaptized by Immersion : They therefore Dip their Children in their Fonts, and all Persons of riper Years are plunged into Rivers at their Baptisms. And *Olearius* farther affirms, page 96. That they often break the Ice to get them into the Water. He says, The *Muscovite* Boys are bred so hardy, that they can stand half an hour bare-footed on the Ice without any Injury.

Olearius also delivers the manner of the Baptism of the *Armenians*, who set their Children naked in the Font, and pour Water on their Heads and Bodies three times.

In *Tavernier's Travels*, 'tis observed, That the Christians of *Balsara* in *Asia*, who anciently lived near *Jordan*, never Baptize but in Rivers, and that the Godfathers plunge the Child all over into the Water : And every Year these Disciples of St. *John* Celebrate a Feast for five Days, during which time they are baptized according

to the Baptism of St. John. Tavernier also farther observes, That the *Armenians* plunge their Children into Rivers at *Christmas*, and he wonders that the Extremity of the Weather does not kill the Children. The King of *Persia* is oft present at this Ceremony performed at *Christmas* near *Isfahan*.

I have been informed, That our *Highlanders* oft Dip their Children in Cold Water : And a Person of Eighty Years old, who was then very sensible, told me, That in his time he could not remember the Dipping of Infants in *England* at their Baptism, but that his Father oft spoke of it, and farther told him, That the Parents used always at the Baptism of their Children, to desire the Priest to dip that part very well in which any Disease used to afflict themselves, to prevent its being Hereditary.

The *Welsh* have more lately left Immersion ; for some middle aged Persons have told me, That they could remember their Dipping in Baptism. I shall in a following Letter prove that Custom useful to the Health of Infants, and that 'tis only a vain fear in the Parents, which has occasioned the disuse of it, to which the Canon 1603. in King *James's* Days might a little contribute, through the mistake of
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its Sense ; for there all Baptism, whether by Immersion or Asperision is declared valid ; but the Sense of the Canon ought to be taken conformably to the *Rubrick*, viz. in cases of necessity.

The Church of *Rome* hath drawn short Compendiums of both Sacraments. In the Eucharist they use only the Wafer as fittest for Procession and Adoration ; and instead of the Immersion they introduced Asperision, which may be more conveniently practised in all places than the Immersion. But of this I shall Discourse more fully in a particular Letter, concerning the Immersion in Baptism, which has succeeded the Lustrations of the *Gentiles* as a Religious Ceremony : And of both these at present I have discoursed, only to shew, That Immersions have been practised by all Mankind, whether Learned or Unlearned, and that it has been esteemed by them not only safe, but also useful both to their Bodies and Souls. Not only the great Antiquity, but also the great Cures done formerly, and of late, upon many Patients, has given me a full Proof of their safety and usefulness. And after some Reflections on this Subject, I thought I could not do a more useful thing for our Country, than to contrive for them all the Conveniences
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of a Cold Bath, for the Cure of their Rheumatick-pains, Lameness, Palsies, Rickets, &c. for which Cold Baths are most certainly useful : The place I fixed on for my Cold Bath, is a plentiful Spring, usually called *Unite's Well*, which rises out of a Rock on the Top of a Hill, *North-West* from *Litchfield*, and distant from thence about a Mile. The Well is situate in the Lands of Sir *James Simons*, Kt. of whose generous Inclination to serve this Country by the encouraging of my Design, I am very sensible, and I ought to make this publick acknowledgment of it, that he may receive the due Respect of all this Neighbourhood, and the Thanks and Prayers of such Persons, who shall find Benefit by Bathing in *St. Chad's Bath* near *Litchfield*. And I hope none will be offended with my naming those Baths by the Name of that Holy Bishop, to whom our Churches have long since had their Dedication ; he was one of the first Converters of our Nation, and used Immersion in the Baptism of the *Saxons*. And the Well near *Stow*, which may bear his Name, was probably his Baptistery, it being deep enough for Immersion, and conveniently seated near that Church ; and that has the Reputation of curing Sore Eyes, Scabs, &c.

&c. as most Holy Wells in *England* do, which got that Name from the Baptizing the first Christians in them; and to the Memory of the Holy Bishops who baptized in them, they were commonly dedicated, and called by their Names.

The Figure of these Baths is oblong, Sixteen Foot long, and about Ten broad. The Baths lie close together, but are divided by a Wall, and the lower receives the Water from the other. The upper I call for Distinction, *The Ladies Bath*; and the lower, *The Mens Bath*. The Water is sufficiently deep to reach up to the Neck, and can be conveniently emptied as oft as we please, and will fill both Baths in a Nights time: The Descent into the Baths is by Stone-steps, and there is a convenient Room built to each Bath, for Undressing, and Sweating upon great occasions.

As to the Spring-Water, it appears very Cold: but that I might try its coldness, I made the following Experiments: I dipt the Ball of the Portable Thermometer into the Spring, *August 6.* and I held it in the Water six Minutes, which I measured by the Minute-Glass, in which time it sunk Eighteen Degrees. I tried the same Experiment in both the Baths, and found them
both

Both as cold as the Spring-Water it self. And I found that the Well near *Stow*, called *St. Chads*, did not in six Minutes sink the Spirit in the Thermometer so low as *Unite's* Well; and by the same Experiment I found, that the Steel-Water near *Stow*, was not so Cold as either of the Wells mentioned, by three or four Degrees. I by these Experiments was convinced, that the Water at *Unite's* Well was the coldest in our Neighbourhood, and therefore the fittest for a Cold Bath.

I have not been wanting this Summer, since *Midsummer*, to make some Experiments upon such diseased Persons as would be persuaded to use these Baths; but more hereafter will be made, when I have prevailed over the Prejudices of the Common People, who usually despise all cheap and common Remedies, which have ordinarily the greatest Effects.

I found these Baths very beneficial for all Rheumatick-pains, and Paralytick weakness, and Stiffness after Rheumatisms. And I can produce a Country-man, who was cured of a Weakness in both his Arms by twice Bathing, and immediately after his Bathing he returned to his Country-Employment, who for many Months before was confined to his House. This I took

notice of as a considerable Cure, he having tried all usual Methods for two or three Months in vain. And I must observe this to you, That some Internal Remedies, both Cathartick and Alterative, are necessary before the use of Cold Baths, and also a suitable Diet. For *Dion Cassius* informs us, That *Musa* prescribed the *Hydropisia* as well as the *Pseuchrolusia* to cure *Augustus*. And I am very well convinced by many Trials about Cold Bathing, that they succeeded best, who not only drank of the Cold Water before they Bathed in it, but also continued the Water-drinking long after.

Many Persons experienced the benefit of these Cold Baths in Rheumatisms, and they found relief of Pains, and a great Strength of their Limbs, and Vigor of Spirit to follow upon the use of Bathing; so that in these Instances there can be no doubt of its safety and usefulness.

I could not procure above one Gouty Person to try it; and he assured me, That he found the Weakness and Stiffness of his Limbs much relieved by it. But in these, and other Defluxions, without Water-drinking, and a cool Purge of Salt, and a temperate Diet, no great good can be expected.

As to *Hypochondriack* Cases, they who used them do very much commend these Baths, as was confirmed by two of my Patients, who were much cooled by it.

I observed, That some Hot Tempers had a Rash produced by Bathing, and they were eased of Pains thereby.

I bathed three times, and found the Water very cold at first, till I had dipt all over; but after a small stay, and upon coming forth, I was very hot, and insensible of any cold Air.

I cannot believe that Cold Bathing can help any Defluxions, such as the *Asthma*, without Water-drinking; and in a recent Disease; neither can Cold Baths do any good where the *Viscera* are decayed.

The Practice of Cold Bathing is convenient for young Persons to render them insensible of the Cold Air, and very vigorous both in the Actions of Body and Mind.

Before I give you an Account of the Cautions I prescribe about Cold Bathing, I will present you with the Scheme of the Variety of Cold Baths, and some Observations and Experiments I have made to discover their Virtues and Effects.

I believe the Varieties of Cold Baths, which may be made or found in *England*,

are equal to the various Species of Medicinal-Waters, of which I will present you with the following Table.

1. The Cold Baths at *Buxton* and *Bristol*, which have a temperate Heat, but in a lower Degree than that of our Humours.

2. The Waters of Rivers heated by the Summer Sun.

3. The Water of the coldest Springs, such as *St. Winifred*, *St. Mongab*, &c.

4. The Cold Springs impregnated by some Minerals.

1. A Cold Bath impregnated with a *Fætid* Sulphur, such as that at *Godshall* in *Staffordshire*, and at *Sir Nathaniel Curson's*, near *Darby*.

2. Vitriolick-Waters, which are frequent in every Country.

3. Waters impregnate with Copper-Vitriols.

4. The Salt-Springs and the Sea-Water, give us a plentiful Cold Salt Bath.

5. The Petrifying Waters at *Newnham* in *Warwickshire*, and other Places, will afford us a Styptick Bath, as well as all our Pump-Waters.

6. The smooth Bituminous-Waters at *Willowbridge* in *Staffordshire*; and there is

an Oyly Water in the Lands, called *Flaunders* near *Coleshill*; they have an evident Oylinefs upon Boiling, proper for Leprous Scurfs.

7. Nitrous purging Waters frequent in many Countries; and there is a large Spring of that Nature, fit for a Cold Bath, in the Lands of Mr. *Richardson* near *Coleshill*, in the Grounds called *Flaunders*.

8. *Holmwel* is esteemed a Lead Water, and is very Cold.

9. In *Cornwall* there are Tin-Waters, and the *Tinners* wash their Cuts in the Water running from *Mundick Oar*.

10. There are *Alabaster* Waters very rough near *Tutbury*.

11. *Marle*-Waters taste smooth, and have a little Stypticity, such as the excellent Spring, called *Holmwel*, near *Hinckley* in *Leicestershire*.

12. Chalk-waters, and the Lime-stone, dry much, and may heal Ulcers in Cold Baths; we observe the Chalk-waters at *St. Albans*, and the Lime frequent at *Walshall* in *Staffordshire*.

All these various Cold Baths may be safe and useful; and for the better understanding of their Effects, I will make these following Observations;

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I. That

1. That the Stypticity in Waters, whether from the *Nitrum Calcarium*, or Vitriols of Metals, or Stones, or Earths, increase the Contraction of the Skin, and membranous Fibers, and thereby strengthen more than the common Cold Waters.

2. All Sulphur, Salt, Bitumens, and Metalline Vitriols, mixt with cold Springs, temper their extream Coldness, and give them mixt Qualities, discussing as well as cooling; and by reason of the diversity of the Mixtures of the Minerals, Salts, Stones, and Earths, in all Springs; scarce any two Cold Baths can agree in all their Qualities and Effects in Humane Bodies.

3. Niter, and a Sulphurous Acidity render Waters more intensely Cold, for so we artificially make common Water cooler by mixing Salt-peter with it, or by putting a Roll of Sulphur in a Vessel of Water; we thereby cool our Bottles filled with Wine or Beer.

4. I put the *Thermometer* into a Glass of our Conduit-water, which sunk the Spirit in Three Minutes Seven Degrees; and after; I put into divers Glasses Sugar of Lead, in another Vitriol, and in a third Alum, and none of these did sink the Spirit farther; by which I learnt, that none of these

these increase the Coldness of the common Water, but Salt-peter sunk the Spirit one Degree more : but I observed by another Experiment with the Glass mentioned, that Well-water was not so Cold as the Conduit-water.

5. I tried the weight of the several Waters by another Glass-bubble, sunk by Quick-silver in the Foot of it, that the Water in which Salt-peter and Alum were dissolved, and Well-water were heavier than the Waters in which the same quantity of Vitriol and *Saccharum Saturni* were dissolved. And to the weight of the Water, some of the cooling and contracting Virtues of Cold Baths may be owing; but the Water in which the Air is most compressed, is the coolest, and also heaviest; for nothing makes Fluids as well as Solids heavier one than the other, but the want of Air in their Pores or Vacuity.

Before I conclude these Papers, I will not forget the Cautions I usually give before Cold Bathing, *viz.*

1. To Bleed and Purge, and use such proper Diet and Medicines, both before and after Bathing, which a rational Physician knows to be suitable to the Disease, and the Constitution of the Patient.
2. Not

2. Not to Bathe when hot and sweating, but cool ; not to stay in the Bath above two or three Minutes, as the Patient can easily bear it ; and to go in and out immediately, on the first Bathing, after an Immersion of the whole Body.

3. To use the Cold Bath before Dinner, fasting, or else in the Afternoon towards Four or Five a Clock ; 'tis dangerous to go in after great Drinking and Eating.

4. Continue to Bathe nine or ten times, at least two or three times in a Week.

5. To use Sweating with Cold Bathing in Palsies and Rickets, and several Diseases affecting the Nerves with Obstructions.

6. In Windiness or Sizyness of the Humours, or their flatulency, no Sweating is necessary, nor where Bathing is used for Preservation of Health, or the invigorating of the Animal Spirits.

S I R,

THOUGH I designed in the beginning of this Letter to entertain you only with the Antiquity of Cold Baths, I thought fit to add what I had done in Imitation of the old Practice ; and that I find it as difficult to prevail with the Country People to use Medicinals, as the Divines do the Religious Immersion : though the true
old

old useful Modes of Physick and Religion will in time prevail, when People have had more Experience in Cold Baths. And the Learned Divines and Physicians, in your Town, speak the Truth plainly, that it has been an Ancient Practice, and very fit to be revived, by reason of the Apostolick Practice, and the great Cures done by it. I have here appealed to your Judgment of the Antiquity as well as usefulness of Cold Baths; and question not but you can and will assist me in defence of what I have asserted concerning them. I have endeavoured to serve our Country, *Staffordshire*, in erecting *St. Chad's Bath* near *Litchfield*; and if you think fit to use any Cold Baths, 'tis my desire you will remember your own Country in recommending some Patients hither. I have nothing to add, but that you will accept of these Papers as a Testimony of my great Esteem for your Judgment and Learning, and as a Respect which I owe to you my old Friend and Country-man. I am,

S I R,

Your very humble Servant,

*Litchfield, Octo-
ber 21. 1701.*

JOHN FLOYER.
LET-

L E T T E R II.

To the Learned Physician,
Dr. Phineas Fowke.

Containing *Hippocrates's* Opinion, concerning the Nature of Cold Baths, and their Usefulness.

S I R,

I Long since acquainted you with my Design of making a Cold Bath near *Litchfield*, and then I gave you some Reasons why I thought that Practice both safe and useful: but that I might more fully explain my Opinion, and the Reasons on which it is grounded, I have here digested my Thoughts into a short Essay on that Subject. I will first give the Opinion of *Hippocrates* about Cold Bathing, who has both fully described its Effects, and given us some Rules and Cautions about the right use of it. And in the second Place, I will represent the Ancient Practice of

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Immersion in the Catholick Church, and most particularly in our Climate, for the Baptizing of all sorts of Persons, which continued in *England* till about the Year 1600, by which I design to prove the Innocence of that Custom, and its usefulness in preventing Hereditary Diseases. I will in the third Place relate some Cures of considerable Diseases lately performed by Cold Bathing, which will fully Answer all Objections and Scruples which can be made against this Practice.

I know you will allow me to pay all Respect imaginable to the Judgment of *Hippocrates*, who was a most Judicious and Rational Physician, and the most Learned Founder of our Faculty: and since he has recommended Cold Bathing, I cannot undergo the Reflection of proposing some new unreasonable Project in this following Essay. I will first begin with the Opinion of *Hippocrates*, which he has delivered in his Tract of Ancient Physick. I will next observe what he has delivered in his Books of Diet, and in that which treats of the use of Liquids; and also have a due Respect to what is collected into Aphorisms in his Book of Aphorisms, relating to the same Subject.

In his Tract of Ancient Physick, he gives us these Effects of Cold Baths. If any Person in Health cools himself very much in the Winter-time, either by Bathing in Cold Water, or otherways; the more he is cooled (if his Body be not perfectly congealed) the more vehemently he will become hot, when he puts on his Cloaths again, and comes into a House. And he further says, they who travel all Day upon Snow or Ice, and suffer great coldness on their Hands, Feet, and Head, observe that at Night when they come into the warm House, and are covered with Cloaths, or near a Fire, that they suffer great heat and itching; and some have Blisters, like them who are burnt: He further observes, that they who have the most vehement shivering in their Fevers, have the greater burning in their hot Fits afterwards.

He farther proves, that Heat will succeed any use of Cold, by this Observation: He that tosses about through suffocating Heat by that means to cool himself, he will feel ten times a greater burning and suffocating Heat than he who does no such thing.

That I may more clearly explain the Nature of Cold and its Effects as to the Body,
I will

I will mention the Effects that Hot Baths produce, which are contrary to those of Cold Baths ; and this Observation *Hippocrates* gives us of them. If any Person will heat himself very much, either by a Hot Bath, or a great Fire, and afterward continue in the same place, and same Habit, as he who was much cooled, he will appear more Cold, and will become more shivering than the other: And he observes how Cold succeeds Heat by this remark ; after the hot Fever-fit goes off by Sweat, the Sick is more cooled than if he had not had any Fever. Upon the preceding Observation of *Hippocrates*, I design these following Remarks.

1. That the Description of the Effects of Hot and Cold Baths, are not the Suppositions of Ingenious Men, (for all Hypotheses *Hippocrates* rejects as useless in Physick) but certain Experiments often tried on Humane Bodies, which were evident to our Senses, and we only by our Reason discern the Causes of those Effects ; and by divers Experiments of the same kind made, we prove that the Effect mentioned depends on the Cause found out by reasoning.

2. By

2. By the Experiments mentioned, 'tis evident, That Cold Baths heat by stopping the Pores, and keeping in the hot Effluvia or aerial Spirits; and on the contrary, Hot Baths cool us by opening the Pores, and by evaporating the hot aerial Spirits very much, and then they chill us afterwards; and by this Observation we discern the Absurdity of that Aversion most People retain against Cold Bathing, as if it would overchill them, whereas 'tis evident, that Cold Baths heat them who use them, more than the Hot Baths which make us sensible of the least breath of Air, and tender for a long time afterwards. It must be acknowledged, That Cold Baths directly produce a Sense of Coldness upon their first Application to the Skin, but by that Coldness the Skin is contracted, and the Humours compressed and stopt within the Body, which produce Heat and Burning. On the contrary hot Baths by their actual Heat affect the Skin, and open the Pores, and by rarifying Humours great Sweats are produced, which occasion great Chilness afterward; of which we are very sensible after our Sweats by Exercise, which always cool us by the Evacuation of Humours; but it heats us, if they do not succeed upon Exercise. By all these Reflexions

flexions we find, that Heat succeeds Cold, and Cold Heat naturally ; and for this end we heat Water that it may sooner Cool and Freeze.

3. The Subject on which both Hot and Cold Baths have their immediate Effects are the Skin, and the aerial Spirits contained in the Animal Humours. The moistening of the Skin is but of small Effect, and of no great consequence in Physick ; but the condensing and rarifying the spirituous Air of our Bodies, has considerable Effects. Its Quantity and Elasticity is increased by Cold Baths ; but 'tis much evacuated and weakned by Hot Baths : and on these Alterations of the inward Air does all the Virtue of Hot and Cold Baths depend immediately, as will be hereafter proved.

4. Neither Hot nor Cold Baths can Cure any Cacochymia's, but only their Hot and Cold Qualities, or their Rarification and Condensation, which are the Effects of a Fermentation, either running too high or standing too low.

According to *Hippocrates's* Notion, there is naturally in our Bodies, Bitter, Salt, Sweet, Acid, Acerb, Insipid, and many other Tastes ; (and by these I distinguish the several kinds of natural Constitutions) for when our Humours are well digested,

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well tempered, and well mixt, we enjoy a perfect Health, which being seldom found, some one of these Tastes predominate; and we may denominate each Constitution by the Taste of that Humour which abounds. *Hippocrates* observes farther, That Diseases are produced, if too much Sweet, Bitter, or Salt, be produced, or they be too high digested, exalted, or separated from the rest: so Fevers do not depend on Heat alone, for that is the Effect of an Effervescence; but the various Cacochymia's which effervesce are the Bitter, Salt, Acid; and these *Hippocrates* knew, and called them the Hot Bitter, Hot Salt, and Hot Acid; and the Cold Cacochymia's he called the Acerb, and the Cold Insipid. And by these Tastes 'tis plain, that not only Fevers, but also Fluxes of Humours, Obstructions, and Effervescency, ought to be distinguished into their several Species, that we may prescribe not such Specifick Tastes as are proper for the Disease in general, but such as are suited to the several Constitutions, in which any of the mentioned Diseases are produced.

By this Description of the several natural Constitutions, and the Morbifick Matter, 'tis evident, that Cold and Hot Baths can only heat and cool, and change those Qualities

lities in us. But in our Patients, besides Bathing, we must purge off the Quantity, and by contrary Tastes, correct the Exaltation or Degeneration of any Humour, or new mix it; temper its Acrimony, or digest its Crudity. Our Patients ought therefore to be well prepared before Bathing, and continue a suitable Diet, and course of Physick afterwards. Therefore I must remark this as an absurd Humour in our Patients, to expect that Bathing should completely Cure every thing, whereas it is but like all other external Applications, and ought not to be used till some general Method has prepared the Body for it.

5. That *Hippocrates* here understands Cold Baths, I may prove by this Expression, *λυσάμεν & ψυχρῶ*. And Mr. *Dacier* translates that, *en se baignant dans l'eau froide*. And when he describes the Person who heats himself, he mentions the way of doing it, *λίσσῃ θερμῶ*; by which *Hippocrates* always understands Hot Baths. And *Dacier* translates it, *par une bain chaude*: But the Sense of those Words I will farther prove by the next Remark out of *Hippocrates* in his second Book of Diet.

Hot Baths extenuate and cool them, who use them fasting; for by the heat they evacuate the Serum out of the Body, and that

being evacuated, the Body is cooled: but if we use them after eating, they heat and moisten by rarifying the great quantity of Humours, and swelling up of the Habit of the Body. Cold Baths have a contrary Effect, for the Cold produces a kind of Heat in them, who use them when they are empty, and they take away the Serous Humidity from them, who use them after eating, and by their coldness they increase the present driness of the Body.

The Remarks I shall make on these Observations, are,

1. *Hippocrates* does evidently here describe the Effects both of Hot and Cold Baths; for before these Observations, he says, *περὶ δὲ λελούτων ὁδε ἔχει*; and by the word *λελούτων*, he always understands Baths.

2. He proposes the use of Hot and Cold Baths, both when we are empty, and after eating, and gives us the Effects of both; when we design to heat, we must use the Cold Baths fasting; and when we design to dry the Body, we use the Cold Baths after eating, which causes Evacuations of the Nutrient by Urine, Stools, and Sweat; the coldness contracts the Skin, and thereby hinders the Afflux of Humours

mours outwardly, the Circulation is turned inward, and causes not only the drying of the Serum in the Habit of the Body, but also the Evacuations I have mentioned : And hence I may also observe, that in using of the Cold Baths fasting, the Body is not cooled but heated, nor any of the Evacuations do succeed to extenuate the Body. In the use of Hot Baths fasting, the Body is extenuated by sweating of the Serum, which *Hippocrates* calls the $\pi\acute{o}\ \delta\gamma\epsilon\gamma\acute{o}\nu$; and therefore Cold Baths used fasting keep in the Serum, and heat the Body by closing its Pores ; and by causing a great Rarification of Humours after they are once compressed, (by the Elasticity of the Air being inclosed in them).

Cold Baths after eating cool, because the crude Nutriment as well as Cold Water, both hinder the Rarification of Humours, and because of the Evacuations mentioned ; but Hot Baths violently Rarify the new nutriment, and by relaxing the Skin, cause the plumping up of the Habit of the Body by it ; but because of the Crudity of the Chylous Serum it will not easily perspire.

I shall next proceed to give an account of *Hippocrates's* Observations concerning the Effect of Cold, out of his Tract, Con-

cerning the Use of Liquids, which being an Imperfect Tract, is only Observations ; and the design of it is to shew the right use of Cold as well as Hot ; and though he mentions not Bath, yet we may infer, if Hot and Cold can produce any considerable Effects in any part, it will do the same on the whole, he mentions, *πῶς ἐν τῷ σώματι ἅπαντι ἢ μερὶ*. And I think Bathing is most properly called the Fomentation of the whole Body. He seems there to design to explain the general Effects of Liquids, when he gives us the account of the general Effects of Water, in moistening, heating, and cooling. Moistening respects the Skin, but heating and cooling shews the Effects it has on the Humours ; and when 'tis drank, it has no other good or bad Effects. By this Observation we may be instructed how much the external Use of Medicines agrees with their inward Use, and from the outward Use we may learn the inward good or bad Effects.

He makes the Skin of the Patient the Judge of the Heat and Cold, or else the Skin of him who pours on the Water ; and he advises both to be endured till the effect desired is produced ; but that we should not proceed to any great excess which will injure the Body. This is a fit

Cau-

Caution to be used in Cold Baths as well as the Hot; we must stay in them so long as to produce a moderate Effect, but not so long as to burn us by heat, nor congeal us by Cold. If we stay but a small time in a Cold Bath, it will produce but a small Effect; but if we stay long, it will produce a great one, and too long will destroy our natural Heat. He mentions the Inconveniences which ensue upon an excess in the use both of Hot and Cold Water in Fomentations. And the same I may apply to Baths, had places for Baths been more common in *Hippocrates's* days. All these Directions about Fomentation, and *Lotions* or *Affusions* of Water would have been applied to Baths; but he complains in his Book, *Concerning the Diet in Acute Diseases*, pag. 65. that Conveniences for Bathing, and fit Servants for that use, were to be found but in few places. I shall therefore continue to make a Parallel betwixt Fomentations and Baths, as to their Effects, and I must mention the Effects of Heat, that those of Cold may be better understood. Excessive Cold has these Effects, it blackens Inflammations by contracting the Skin; it hinders Perspiration, and the Circulation of the Blood through Tumors;

it very much compresses the Air in our Humours, and venal Blood looks blacker than the Arterial, because the Motion and Rarification of it is much less. He farther says, That excessive Cold causes feverish Rigours, Convulsions and Distentions, all which depend on the sense of Chilness, which gives the shivering in the Skin, and occasions its Contraction, and the greatness of the Sensation of Cold produces the Contraction and Convulsive Motion of the Muscles and their Tendons, and the *Tetanus* is only a lasting Cramp. When we observe any of these disorders mentioned, we must conclude, that we have stay'd too long in the Cold Bath; the Effects of excessive Cold are also soon felt on the Breast, Stomach, and Belly, because we use to keep those Parts more warm than the rest.

He gives these Effects of excessive Heat, that it blisters the Skin; and this I believe it effects by rarifying the Air contained in our Humours, as Cupping-Glasses do. To this Effect of Heat I may assign a contrary Effect in excessive Cold, which contracts the Skin like a Goose-Skin, and makes it very pale. Excessive Heat effeminates the Flesh, that is, it makes it very soft, therefore excessive Cold hardens it, excessive

heat.

heat debilitates the Nerves, and stupifies the Spirits by evaporating of them. Excessive Cold must congeal and compress them too much. Excessive Heat causes Hemorrhagies by rarifying the Air in our Humours. Excessive Cold stops all Fluxes of Blood, by condensing and over-compressing the Animal Spirits in our Humours; these Effects of excessive Cold are not expressed by *Hippocrates*, but I may justly infer them from the contrary Effects of excessive Heat.

Whilst we are in Health, *Hippocrates* gives us these Observations of hot and Cold: a Mediocrity of them profits us; and whilst they please us, and are easily born, they do us good; but they injure us when they give us pain, and are difficultly born.

The Parts of the Body which are naturally covered, are pleased with Heat, such as the Brain, Nerves, Back-marrow, the Breasts, Loins, Stomach, and Hypochondria's, and the Flesh; these being used to a moderate degree of Heat, are much offended by Cold when they are uncovered; but any of these Parts being preternaturally Hot or Cold require the contrary, and are pleased with it; and when they are hot, the drinking of Cold Water is most acceptable,

table, as well as the same in outward Applications. As Heat cures all the Febrile Rigours, Convulsions, and Distentions, which Cold produces; so Cold cures all the ill Effects of Heat above mentioned, and Cold is as necessary as Heat to alter the solid Parts, and the Humours contained in them.

I will describe the Effects of Heat upon diseased Bodies, and shew thereby the Effects of Cold in contrary Cases; and herein describe them as *Hippocrates* has done, though in a different manner, to avoid the Repetition he has made of them in this Tract.

The hot Fomentation of the whole Body, or of its Parts, (and the same is the Effects of Baths) mollifies the Skin, which is too hard, and relaxes the tense, because Heat rarifies the Humours contained in the Vessels, and thereby mollifies it; relaxes the Skin by mollifying of it. Cold on the contrary condenses the Humours, and occasions the Contraction of the Membranes of the Skin, therefore it makes the lax Skin tense and hard.

Heat attracts the Humours and Nutrient into the Flesh and Nerves; therefore Cold on the contrary repels them.

Heat

Heat opens the Pores for Sweat, but Cold shuts them up and hinders it.

Heat is proper for the moistening by a Fomentation the Nose, Womb, Bladder, and Anus, because they are naturally kept warm ; therefore Cold is injurious to them all, if swelled or dried.

Heat discusses Winds, therefore Cold increases them ; but in Youth, and in the Summer-time, and in a fleshy Habit of Body, a large Perfusion of Cold Water recollects the heat, and cures Distensions without Ulcers. The same is the Effect of Cold Baths, which produces contrary Effects to Cold Fomentations, because they produce Sweats, Urine, Stools, and the Menses, as I am informed by the Women. And probably for their Hemagogue Faculty, *Hippocrates* observes, That Cold Bathing makes bloody Urine worse, which none of the Interpreters seem to have well understood.

A moderate Heat increases the Flesh, and Cold shrinks and hinders its growth, because it repels the Circulation inward ; but Heat attracts it outward, and thereby softens ; and if immoderate, it melts and diminishes the Flesh, and extenuates the whole Body.

Heat

Heat recalls the Colour, but if immoderate, it dissipates the Nourishment and Colour. Cold makes the Skin very pale, like Millet, or a Goose-Skin.

Hot Fomentations of the Head, or other Parts, occasion Sleep, by exhausting the Spirits; therefore Cold will hinder Sleep, by preserving the Vigour of the Spirits. Heat cures Spasms, and eases the Pains of Cramps, and all Pains of the Eyes, Ears, and such like; and this it does by dissolving the rarified Air which causes those Diseases. Cold Fomentations increase all those Pains, though Cold Baths by producing Sweats ease them.

Hot Water agrees with the Eyes pained with sharp Rheum, and all Driness and Ulceration of them.

Cold Water is proper for inflamed red Eyes without Pain, and against all Suppuration, and hardness in them.

Water may be applied externally with a Sponge to cool the Eyes, to deterge and moisten the Membranes, and to dilute the Salt-Tears, or stop Defluxions of Salt-Serum through the Glands of the Eyes.

Heat helps the Parts over-cooled, and Cold refreshes the Parts over-heated.

Heat

Heat promotes Suppuration, and Cold hinders it by stopping the Afflux of Blood, and the Rarification of Humours.

Heat mitigates Febrile Rigours, Distentions, Convulsions, and Heaviness in the Head, all which Cold increases. Heat helps the hardness of the Limbs after Inflammations or Contractions.

Heat is proper for Fractures, Luxations, Wounds in the Head, for Bare-bones and Ulcers, which do not Bleed, for all Parts mortified or ulcerated by Cold, for the eating Herpes, or Blackness in the *Anus*, Gums, *Uterus*. Cold is injurious to all these, and offends Ulcers, because the Parts have been used to be covered, and it stops the Afflux of Humours; but heat is like Pitch to Ulcers, helping their Suppuration.

Hippocrates advises us to be more careful in the use of cold things than hot, because 'tis less agreeable to our Natures; yet he freely recommends cold Applications in Hæmorrhagies, and all Inflammations whilst recent; but it blackens old Inflammations. He commends cold Water for the Red Pustules in the Skin, in such as have swelled Spleens; and in those which happen by hot Baths, or the Obstruction of the Menses, or the stop of Sweat, or rough Garments.

ments. By the Pustules in the Splenetick, 'tis evident he understands either the Scorbutick, or Leprous. *Note*, That he here mentions Hot Baths, and he therefore must be supposed to prescribe Cold Baths to cure the Pustules raised by them. I must remark farther, That he prescribes Cold Water for the Cure of the Pustules coming by the stop of the Menfes, therefore Cold Baths are also good for the Menfes, and it is likewise proper for swelled Spleens.

If he had designed the Description of Cold Baths, and their Effects, he could not have done it more plainly than in the following Words ;

Both Hot and Cold Water are good for the Tumours of the Joints, and for Podagrick Pains without Ulcers, and most part of Convulsions. He that pours upon any part much Cold Water, extenuates it by causing Sweats, and stupifies the Pain, and a moderate Stupor takes away Pain. Hot Water extenuates the same, and softens them.

Note, That Hippocrates describes the Application of Cold Water by these Words, *ψυχρὸν πολλὸν κατὰ χεῖρας*, which has the same Effect as Cold Baths.

Both the Hot and Cold Baths are good for the Gout, Resolution of any part, Distentions, Convulsions, and such like ; for Stiffness, Trem-

Trembling, Palsies, or slight Apoplexies, and such like ; for Lameness, Torpors, loss of Speech, and Suppressions of the inferior Parts.

By these Observations we know that *Hippocrates* understood, That Cold Baths as well as Hot cured the Obstruction of the Nerves in Palsies, Tremblings, Loss of Speech, Relaxation of the Limbs, Torpors, Stiffness.

He observed how the windy Spirits were compressed or discussed in Pains, Convulsions, Tensions. He ascribes the opening of Obstructions, of the Menses, Urine, Stools, to Cold Water, as well as Hot. The reason of all these great Effects he also observed, *ψυχρὸ πολλὰ κατὰ χυοῖς θερμὸς ἐπανάκλησιν ποιεῖται· θερμὸν δὲ ταῦτα ῥύεται ;* by which 'tis evident that *Hippocrates* understood, that Cold produced Heat, and that that Heat cured the Diseases, for which Cold Baths are most effectual. Therefore all the Injury of Cold Baths, is from the staying in them too long, or repeating them so oft as to suffocate or congele the Heat necessary to Cure a Disease. From this Aphorism 'tis evident, That he prescribed them *ἔπειτα μέσος* in the Summer, not in the Winter, and *νέω ἄσθενω*, to a young Man of good habit of Body.

In

In the Aphorisms which seem to be collected out of the Tract of Liquids, I observe, that he describes the excess of Hot Baths by *πλεονάνις χρεομένεσι*; therefore we must avoid too oft Repetitions of Cold Baths as well as Hot.

In the Aphorisms relating to Cold Baths, *Lib. V.* he distinguishes the Pains for which Cold is injurious, and they are those which preceed Suppuration, or Pains depending on Suppuration: but by the preceeding Tract of Liquids 'tis plain, That both Rheumatick Pains and Windy Pains are cured by Cold only, *ὀδυνὴν ἀνεκπύετον ποίει*, 'tis the only Pain cold injures. In the Aphorisms, Cold, such as Snow and Ice, is observed to produce Coughs, to break Veins, and to cause Defluxions. Cold Air therefore heats as well as Cold Water, and produces the same Inconvenience in Bodies disposed to them. Since I find these Aphorisms agreeable to the Tract of Liquids, I may conclude, That that Tract was his as well as the Aphorisms; and by these we may distinguish his Writings. I observe farther, that he describes in his Aphorisms the Virtues of Hot and Cold, without mentioning of Fomentations, Affusions, or Baths; but the *τὸ ψυχρὸν*, or *τὸ θερμὸν*, relate to all of them equally.

equally. That *Hippocrates* well understood the Use of temperate Baths is certain, by the Direction he gives about them in his Book, *Of Diet in Acute Diseases*, that he advises to Bathe, and that the way to the Bath be short, and without Smoak, and that there be all Conveniences for Bathing, and that the Person bathed should permit the Perfusion and Deterfion to other Persons, doing nothing but being silent themselves. The Perfusions which answered our pumping, ἐπανήλυσιν, should be quick, the Deterfion by Sponges, and the Body to be anointed before very dry. After Eating immediately we must not Bathe, nor Eat immediately after Bathing. He recommends temperate Bathing for Inflammations of the Lungs, and Pain of the Back, Sides, Breast, because it ripens the Spit, and helps it up; and this we ought to imitate in stop of the Spit; it promotes Urine, helps the heaviness of the Head, for which we ought to bathe our Patients in that Case in temperate Baths.

We ought not, according to his advice, to Bathe them who are too Loose, nor too much Bound, nor before purging. We must not Bathe the Fainty and Weak, nor the Nauseous, and those who are

E dis-

disposed to Vomit, or have a Cholerick Windiness in their Eructations, nor those who are apt to Bleed, nor those who live on thin Diet, or are feverish. I have here presented you with enough to prove, that *Hippocrates* knew the Virtue both of Hot and Cold Baths, and the right Use of them.

Hippocrates also has made the Use of Hot and Cold Baths, part of his *Gymnastick Art*, when in his Third Book of Diet he directs us after the Exercise of the *Palæstra* to bathe in Cold Water, but after other Exercise in Hot Baths.

But before I conclude, I must give you a Cure of that sort of *Hypochondriack* Affection, which *Hippocrates* describes to affect the Stomach with Pain and Vomiting of Choler and Phlegm; and when they take Nourishment, they are troubled with Winds, their Head akes, and pricking Pains are in their Limbs, which are also Weak and Feeble; they burn and have a high Colour in the Face. For the Cure of it, *Hippocrates* proposes Exercise, Travels, Purges, and Vomits frequently, and a Cold Bath in the Summer, and in Autumn and Winter anointing with Oyls, Asses Milk, and to abstain from sweet, fat, and oily Diet, and to keep the Body open, and to use Glysters and cool Diet. If

If I had quoted no more than this one Case, it is sufficient to justify my Design of Erecting a Cold Bath for the benefit of this Country ; for the same Cause will oft fall in our Hands, and amongst many other Remedies, Cold Baths are necessary for the Pains, Weakness of the Limbs, Winds, and Convulsions. And by this Example, *Hippocrates* teaches us not to depend on Cold Baths alone, but to use them in a rational Method after general Evacuations, and not to neglect other Remedies, which joyned with Cold Baths, will after some time effect the Cure.

See *Hippocrates* of Diseases, pag.

42. *ἡ ψυχρὸν ἐστὶν τὸ πρὸς τὸ δριμύτην τὸ ἐξαρ.*

The want of a true Notion about the Effects of Cold Baths, has made the Tract of *Hippocrates*, concerning Liquids, very obscure to all Translators, and they have not well distinguished, that the Virtues in the beginning belong to *πρῶτην*, and those repeated at the latter end, to *ὑστερά*, which was performed by the Servant who used to pour Water upon Persons, who bathed either in Hot or Cold Baths, as I could prove from *Hippocrates* : But I must desist at present, and submit all to your curious Judgment, and beg the

favourable Censure of what I have Writ,
and your kind Assistance in promoting my
Design of Erecting a Cold Bath. In which
I hope the Opinion of *Hippocrates* will en-
gage you, as well as your usual Candor
and Respect to,

S I R,

Your very humble Servant,

*Litchfield, Decem-
ber 1. 1700.*

JOHN FLOYER

LET-

L E T T E R III.

Concerning the Ancient
Immerſion of Infants in
Baptiſm, and the Be-
nefit thereof in curing
many of their Infirmi-
ties, and the prevent-
ing Hereditary Dif-
eaſes.

*Candidus egreditur nitidis exercitus undis ;
Fulgentes animas veſtis quoque candida ſignat,
Et grege de niveo gaudia paſtor habet.*

*To the Reverend the Dean, and Canons, Re-
ſidentiaries of the Cathedral Church of
Litchfield.*

My Reverend Friends,

MY Deſign being to recommend the
Uſe of Cold Bathing to this Coun-
try, I thought it neceſſary for the aſſuring
all People of the Innocency of that Pra-
ctice,

ctice, to represent to them the Ancient Custom of our Church in the Immersion of Infants, as well as all other People at their Baptism. And I do here appeal to you, as Persons well versed in the Ancient History, and Canons, and Ceremonies of the Church of *England*; and therefore are sufficient Witnesses of the Matter of Fact which I design to prove, *viz.* That Immersion continued in the Church of *England* till about the Year 1600. And from hence I shall infer, That if God and the Church thought that Practice Innocent for 1600 Years, it must be accounted an unreasonable Nicety in this present Age, to scruple either Immersion or Cold Bathing as dangerous Practices. Had any prejudice usually happened to Infants by the true Immersion, that Custom could not have been so long continued in this Kingdom. We must always acknowledge, that he that made our Bodies would never command any Practice prejudicial to our Healths, but on the contrary he best knows what will be most for the Preservation of our Healths; and does frequently take great care both of our Bodies and Souls in the same command. He has oft made that our Duty which highly tends to the Preservation of our Health. I may
in

instance in fasting and subduing the Affections, and almost all sort of Moral Duties. The same I design to prove, that though he designed Immersion as a Baptismal Rite for the Representation of the washing away all Original Sin; yet that also might be a natural Means for the curing the Infirmary, and preventing Hereditary Diseases in Infants.

And if I can prove, that the Use of Immersion will be very advantageous to the Health of Children where Diseases are Hereditary, I may help to revive the Ancient Practice of Trine Immersion, which the Church does yet recommend to all Persons, when in the *Rubrick* it commands the Dipping of the Person to be baptized discreetly and warily. And in this Discourse, I design to prove only these two Things.

1. That Immersion was practised from the beginning of Christianity, for 1600 Years; and this Physical Use I shall make of this Point, that they who well consider that Ancient Custom, cannot retain any Scruples against the *ψυχρολουσία* I shall recommend. The second thing I will endeavour to convince my Country of, is the usefulness of the Trine Immersion to their Children, especially in Families subject to Hereditary Diseases.

I will begin with the first, That it was the general Practice of the Primitive Church to Baptize their Converts in Fountains, Ponds, or Rivers, and after that manner all Nations, whether *Northern* or *Southern*, received the Baptismal Ablution.

The Holy Scriptures inform us, That *St. John* baptized in *Jordan*, and this was part of our *English* Liturgy, That by the Baptism of thy well beloved Son, *Jesus Christ*, did sanctify the Flood *Jordan*, and all other Waters. *Paul* baptized *Lydia* in a River. And *Philip* baptized the Eunuch in a Water, of whom 'tis writ, that they went down both into the Water. *Tertullian* affirms, That *Peter* baptized many in the *Tyber*.

'Tis certain, That there were no Baptisteries built till after the Second Century, and then they were not built in the Church, but out of it, and near to some Cathedral, where the Bishop used to Baptize at the Eves of *Easter* and *Whitsuntide*.

'Twas the Custom to Baptize both Men and Women naked. And so *Constantine*, in the 65th Year of his Age, himself was baptized, though the first Christian Emperor: And *Metaphrastes* attests, That after he was naked, *Piscinam ingressus est, An. Christ.*

Christ. 348. 'Tis related, in the History of the Church, That *Polycarp* baptized *Tranquillinus* naked, though he had a great Pain in his Hands and his Feet.

St. *Chrysostom* Interprets the word Baptize by Immersion, *Chrysost. Homilies.*
Trina Mersione baptisma cuique tribuere : And he mentions the Priest, *In loco superiori stans ter illum demergit* ; and *Chrysostom* lived A. C. 382.

I will mention a Quotation out of St. *Ambrose*, *De Sacramentis*, who lived *An. Christ.* 381. because he most particularly describes the trine Immersion. Thou art asked, *Dost thou believe in God the Father?* Thou answerest, *I do believe* ; and thou wert dipped. Again thou wert demanded, *Dost thou believe in the Lord Jesus Christ?* Thou answerest, *I do believe* ; and then thou wert dipped again. Thirdly, Thou wert asked, *Dost thou believe in the Holy Ghost?* Thou answerest, *I do believe* ; and thou wert dipped a third time.

St. *Cyprian* gives a sufficient Testimony of the Baptism by Immersion, in his 96th Epistle, in answer to *Magnus*, in these Words, *Quæstisti, mihi charissime, quid mihi de illis videatur qui infirmitate & languore gratiam Dei consequuntur, an habendi legitimi Christiani quod aqua salutari non loti,*
sed

sed perfusi. To which he gives this Answer, *In sacramentis salutaribus necessitate cogente & Deo indulgentiam suam largiente totum credentibus conferunt divina compendia.*

In an old Ritual lent me by the present Chancellor of our Diocess, I observe the *Benedictio fontium*, and that the trine Immersion was positively prescribed in the Form of a Cross; but if any one was so Sick that he could not safely be Dipt, *sufficit illum aqua aspergi.*

Gregory the Great, who lived *An. Christ.* 590. introduced the single Immersion in Opposition to the *Arrian* Heresy.

I observe that in *Gratian's Decretals*, and *Gregory's Decretals*, both the single and trine Immersion are oft mentioned.

In the time of *Clodoveus*, the French King's Baptisteries were built in the *Western Church*, and placed near the Door on the Left-hand, they were parted in the middle by a Travers of Wood, one part was allotted to the Women, and the other to the Men, and Deaconesses were appointed to assist in the Baptizing of the Women. The Custom of Baptizing naked Women is described by *St. Chrysostom*: And this as *Casalius* affirms, continued in the *Western Churches* till the Year 1140, when it ceased

ed in many places, but continued in the *East*, and others of the *West* still retained it longer. In all these Baptisteries they used Immersion, and they descended by Steps into them, as into a Sepulcher, because we are said to be buried with him in Baptism; and it was the Custom of the God-Fathers to receive the Men, and the God-Mothers the Women, as they came out of the Water.

Because it may be objected, That this Practice may be fitter for the hot Climates than the colder, I will give some Instances out of *Bede*, *Spelman's Concilia*, *Linwood*, and *Sparrow's Collection of the English Canons*, to prove, That Christianity was planted in *England* by the Use of the Immersion, and that it was continued in *England* after the Reformation, during the Reign of *Edward VI.* and *Queen Elizabeth*.

Spelman in his first Part of his *Concilia*, gives us an Account, That *Lucius* writ to *Eleutherius* to send some Missionaries into *England*, to Convert and Baptize the Nation, and that he accordingly sent *Phagannus* and *Deruvianus*, who in the Year 166 preached, and baptized the King and his People, (*Regem cum suo populo sacro fonte abluerunt*).

Bede in his Second Book relates how *Paulinus* baptized King *Edwin* at *York*, at *Easter*, in the Year 627, and at the Village *Rigin*, in the Province of the *Bernicii*, he baptized a great number of People in the River *Glen*, and in the Province of the *Deiri*, he baptized them in the River *Smalva*. And *Bede* in *Lib. 3.* attests, That he baptized a great Multitude in the River *Trehenta*. And *Bede*, who flourished in the Year of our Lord 696. gives this Reflexion, *nondum enim oratoria vel Baptisteria, in ipso exordio nascentis ecclesiæ poterant edificari.* *Bede* gives an Account of *Byrinus*, who Preached in the Province of the *Gevisses*, and baptized both their King and his People, *Fonte Baptismatis*; and that *Oswald*, the King of the *Nordhumbri*, being present, *Eum de lavacro exeuntem suscepisse.*

The Province of the *Mediterranean-Angle* were baptized by *St. Cedda*, and his Companions. And *Bede* describes them whom they baptized thus, *Fidei fonte sunt abluti.*

Wilfrid converted the *South-Saxons* to the Faith, *Et lavacrum salutis ministrabat.* *Edilmalch*, their King, was baptized in *Mercia*, whose King *Wulfhere* being present, *Bede* in his Fourth Book, makes him his God-Father; *A quo etiam de fonte egres-*
sus

sub loco filii susceptus est. Bede in his First Book relates how *Ceadwalla*, the King of the *West Saxons*, left his Kingdom, and went to *Rome*, *Ut ad limina beatorum Apostolorum fonte Baptismatis ablueretur*; and that he was baptized, *Die Sancti Sabbati Paschalis, Anno 689.* By all the preceeding Quotations from *Bede*, 'tis clearly proved, That Immersion was the general Practice in the first planting of Christianity in *England*; and by the following Instances it will appear, that it was continued in the *English Church* till the time of King *James I.*

In *Spelman's Concilia*, Part the First, in the Synod of *Cheluchyth*, under *Wulfred*, Archbishop of *Canterbury*, Anno 821. Cap. 21. I find these Words, *Sciant etiam presbyteri quando sacrum Baptisma ministrant, ut non effundant aquam sanctam super capita Infantum, sed semper mergantur in Lavacro, sicut exemplum præbuit per semet ipsum Dei filius omni credenti, quando esset ter mersus in undis Jordanis.*

That the same Custom continued afterwards, appears by the *Cassillian Council* in *Ireland*, Anno 1172. in Part Second, of *Spelman's Concilia*, where it was ordered, *Ut pueri deferrentur ad ecclesiam, & ibi baptizentur in aqua munda, trina mersione.*
And

And in the Year 1195. in the Council at York, it was ordered, *Ne in Baptismate plures quam tres suscipiant puerum de sacro fonte.* And Spelman shews the continuance of Immersion by a Statute made in the Council at London, held 1200, *Si vero puer in necessitate baptizetur à laico, sequentia immersionem non præcedentia per sacerdotem expleantur.* Many more Testimonies of the Immersion may be observed in Spelman. In the Constitutions of Ric. Episc. Sarum, 1217. 'tis ordered, That in Baptizing of a Boy, there shall be but three, *Ad levandum puerum de fonte.* And in the Constitutions of Rich. Episc. Dunelm. 1220. 'tis ordered, That the Water where the Child is baptized, shall not be kept above Seven Days; and in the *Synodus Wigorniensis, Trina semper fiat Immersio Baptizandi, Anno 1240.* And in the *Synodus Exoniensis, 1287. Si puer rite baptizatus, non ipsa submersio, nec præcedentia, sed subsequencia per sacerdotem suppleantur.* And the *Synodus Wintoniensis, Anno 1306.* mentions the Immersion. I have quoted all the preceeding Passages from Spelman, whose Credit cannot be questioned; and I desire also thence to observe, that the Immersion was always used to Children, as well as Adult Persons.

I will

I will next produce *Linwood*, who began to write his *Constitutiones Angliæ* about the Year 1422. And he gives the Provincial Constitutions of *Edmund Epif. Cant. An. Dom. 1234. Baptisterium habeatur in qualibet ecclesia Baptismali lapideum, vel aliud competens.* And a competent Baptistry *Linwood* interprets big enough for the Immersion of the Person to be baptized. And *Linwood*, Page 242. gives these Remarks on the different ways of Baptizing, although Baptism may be performed by Aspersion, or Affusion of Water, where there is such a Custom, yet the more laudable Custom is, that it should be done by Immersion; and tho' the Immersion may be one, yet the Custom of the trine Immersion is more to be approved, because it signifies our Faith in the Trinity, and the three Days sepulture of Christ. Though this was the Opinion of the Canonists in his Days, yet 'tis plain, that the trine Immersion continued longer in *England*: For *Erasmus* noted it as a piece of Singularity in the *English* Church, because in his time they used Immersion; and it is evident by the *Rubrick* in King *Edward VI's* Days, that the *English* Church used that Practice: Then shall the Priest take the Child in his Hands, and ask the Name, and naming the Child, shall

shall dip it in the Water thrice : *First*, dipping the Right-side : *Secondly*, the Left-side : And the *Third* time, dipping the Face towards the Font, so it be discreetly and warily done. In the Common-Prayer-Book in Queen *Elizabeth's* Days, the *Rubrick* says, Naming the Child, you shall dip it in Water, so it be discreetly and warily done; but if the Child be Weak, or be baptized privately, in case of necessity, it was sufficient to pour Water upon it.

King *Edward's* Injunctions were published 1547. by which all People were forbid the breaking obstinately the laudable Ceremonies of the Church. And in *Sparrow's Collection of Articles*, &c. In the Articles of Queen *Elizabeth*, 1564. 'tis ordered, That the Font be not removed, nor that the Curate do Baptize in any Parish Churches in any Bason, nor in any other Form than is already prescribed. And in 1571. *Liber Canonum*, *Postremo curabunt ut in singulis ecclesiis sit Sacer fons, non pelvis, in quo Baptismus ministretur, riteque decenter & munde conservetur.*

I have now given what Testimony I could find in our *English* Authors, to prove the constant Practice of Immersion from the time the *Britains* and *Saxons* were baptized, till King *James's* Days, when the
 People

People grew peevish with all Ancient Ceremonies, and through the love of Novelty, and the Niceness of Parents, and the pretence of Modesty, they laid aside Immersion, which never was abrogated by any Canon, but is still recommended by the present *Rubrick* of our Church, which orders the Child to be dipt discreetly and warily.

I have been credibly informed by a Person of Quality, who had the Relation from Mrs. *Shaw*, an Ancient Midwife, that Sir *Robert Shirly*, in King *Charles I's* Days, caused three of his Sons to be dipped in the Font without any prejudice to them; and that one of that Honourable Family, who was thus baptized, is now living. I mention this, to shew the Opinion of some in those Days, who thought the Immersion Innocent; and 'tis probable that many others were very unwilling to part with this laudable and ancient Practice of Immersion.

I could not but observe these prudent Cautions used by the Primitive Church in the Ceremonies of Dipping.

i. The times of Baptism were appointed at *Easter* and *Whitsuntide* in the *Western* Churches; which, though it was a religious

gious Practice in respect to the Death and Resurrection of our Saviour, and the sending of the Holy Ghost at those times ; yet these times might be accounted more safe for the Immersion than the Winter ; but the Immersion was also used at all times of the Year, when this Practice began to be disused ; and in the *Eastern Church* they baptized at *Epiphany*, the time of our Saviour's Baptism.

2. The Ancient Church used Fasting before Baptism till Evening ; but this was at last changed into a Morning Baptism ; fasting or being empty wakes the Cold Immersion less dangerous, as in Cold Baths.

3. The Ancients anointed the Child's Breast and Shoulders all over before the Immersion, and such Unction was also practised in Cold Baths.

By the time of the Year, the Fasting and Unction, 'tis evident, that the Church prudently consulted with our Physical Experience in the Circumstances of Immersion. And since Cold Baths were frequently used in *Augustus's* Days, (and the following Emperors, till *Galen's* time, and after) as appears by *Suetonius* in the Life of *Augustus* : And *Celsus* often mentions it as well as *Celius Aurelianus* ; and *Galen* in his Tract for the Preservation of Health, has given
full

full Directions concerning the Use and Benefit of it; all which I have quoted in my Treatise, *Of the Right Use and Abuse of Baths*: 'Tis no wonder that all Christians then freely used Trine Immersion, which the general Practice of Physick had then taught the World to be both safe and useful; and when Christianity was first planted, the Bath-Structures were turned into Temples, and the *Piscina's* or Cold Baths, were called *Baptisteria*, by *Pliny Junior*, and in them they baptized frequently.

I will next undertake to prove, That the Use of Immersion had a Natural as well as a Divine Virtue, which was the preventing of Hereditary Diseases, and curing some Infirmities in Infants. I cannot suppose that any body will assert that the Consecration does alter the Nature of the Water, but rather improves its natural Effects; therefore whosoever is immersed, must partake of all the natural Benefits which are produced by being dipped in Cold Water.

But before I give the natural Effects of Cold Water, I must remark, That the Church Historians attribute many Cures to a miraculous Power, as *Naaman* was cured by his being dipped seven times in *Jordan*, and the Cripples in the Pool of *Bethesda*.

These I have mentioned to shew, that miraculous Cures were done by the use of Water in the *Jewish* days; and some are mentioned by the Christian Histories. *Constantine* was cured of his Leprosy by his Baptism in the Pond he saw in his Vision, in which Pope *Sylvester* afterwards dipped him. The same Story is reported of *Clodoveus* by *Gregory Turonensis* at his Baptism, that he was also cured of a Leprosy, *Prodit novus Constantinus ad lavacrum deleturus lepræ veteris morbum*, Greg. Turon. lib. 2. It was the Custom of the Church to keep the Water in the Font locked up, to preserve it from Superstitious Uses, which were probably grounded on the Cures observed to be done by the Immersion in Baptism; and this might occasion some superstitious Uses of it in curing Diseases. It has been a proverbial Saying amongst the old People, *That if any one complained of any Pain in their Limbs, Surely that Limb had never been dipped in the Font*; by which we may observe, that the Common People believed that the Immersion prevented Rheumatick Pains, for which Cold Baths is very beneficial.

'Tis very probable that the *Jewish* Prophets and Priests, had a great knowledge in Physick, as well as the Livine Rites; they

they were Judges of the Leprosy, and its Cure, and the several Species of it. In that hot Country, this Disease being common, they must observe all the Methods which Experience, or the Holy Spirit had suggested for the Cure of it. By the Miracles above cited, we find a Divine Prescription for the Use of Immersion; and by the sudden Cures, 'tis certain the natural means of Dipping was much invigorated by a supernatural Virtue to cure the Leprous. In the cleansing of the Leprosy they washed his Body as well as his Cloaths; and in that low degree of Leprosy in our *Northern Climate*, which we call *Lepra Græcorum*, I have known the Cold Bath at *Willowbridge* to have done much good. And for the Scurvy, Swimming in Rivers is oft prescribed; and our Country has found by Experience, that the Cold Water in *Sutton-Park* cures all Scabious Affections, which have a like Nature as the Leprosy.

As Physicians have learned the best means to prevent and cure the Leprosy by the miraculous Cures of it; so ought all Persons, in whose Family any Leprous Affections are hereditary, to consider both the Miracles mentioned, and the natural Means used by Physicians for the helping that Disease. And thus to argue, 'tis

a Rule in Physick, That what will cure a Disease, will most effectually prevent it; therefore all the Children of Leprous Parents do want the Trine Immersion in Baptism, which will in their tender Age correct the putrid Odor of Leprous Bodies, and cause a better Perspiration of it. It causes Evacuations by Stool, Urine, Sweat; and those may discharge much of the putrid Humours, which they derived from their Parents: And I must add this farther Direction, that such Parents ought to breed up their Children to drink Water, and to abstain from fermented Liquors, and Flesh; because these promote the Putrefaction in Leprous Bodies, and by a frequent use of Cold Baths, the increase of that Disease will be very much hindred.

The miraculous Cures at the Pool of *Bethesda*, Dr. *Hammond* conjectures to be from some natural Virtue the Water acquired from the Blood of the Sacrifices, which in great quantity was mixed with that Water, upon great Festivals; that bloody Water might cure the Leprosy, for which a Bath of Humane Blood is commended by the Ancients. 'Tis probable it was only the Vulgar Opinion, That an Angel moved the Water, when the putrid Blood did ferment, or rather some Mineral Fumes ascended

cended with the Spring in a narrow compass. And such hot Places of small Extent, we find in our Baths, where one only Person can stand to receive the benefit of it. But the Pool of *Bethesda* was certainly Cold Water, because 'tis called the *Sheep-Pool*, for washing them before the Sacrifice; and therefore had its Virtue from the Blood which putrefied in some certain part of it, or rather from Mineral Fumes, and that cured the Blind, Lame, and Withered, (or Consumptive) which lay in the Hospital called *Bethesda*, expecting the Ebullition, or moving of the Waters, which made them Sanative in an extraordinary manner. By this Instance we may observe how ready all Persons are to admire and use Sanative Waters for the Health of their infirm Bodies: Imputing their Virtue to some God, or esteeming such useful Medicines, as *Σκῶν χαίρες*.

I will next from the Sacred History give some Examples to shew, that the Ablution in Cold Water was used by Divine Men, to prepare them for Divine Offices, and to dispose them for new Doctrines. The *Jewish* Priests washed their whole Bodies before they went into the Temple to officiate, an Imitation of which were the Washings and Lustrations of the *Gentiles*.

The *Jews* used a second sort of Washing of the whole Body, when they received Profelytes into their Temple. The Profelytes born of *Heathenish* Parents, received the *Jewish* Religion, not only by Circumcision, but also with the Ceremony of Ablution of the whole Body, done solemnly in some River, where they sat up to the Neck in the Water, and learnt there some Precepts of the Law. St. *John Baptist* took this Custom from the *Jews*, and he baptized at *Ænon* in a Confluence of much Waters, all those who repented of their Transgressions of the Moral Law, and believed the sudden coming of the *Messias*. *John's* Baptism was only a Ceremony to initiate all his Converts into his new Doctrine; and that like the Priest's Ablutions had not only a natural Power for the Ablution of Corporeal Impurities, but also it prepared the Mind for Divine Illuminations and Government, by composing the Heat and irregular Motion of the Spirits, and all Corporeal Impressions of Love, Anger, and all other Excesses, which the natural Temperament produces. Those Spirits are most capable of Judgment, and Wisdom, and Memory, which are strong, lively, but tranquil in their Motion, and it is the certain Effect of the *ψυχρολουσία* to

invigorate the Animal Spirits, and refresh them, to cure that Stupor which all hot Regiment produces in the Mind ; and also the weakness of the Nerves produced by the same.

Cold Baths cause a sense of chilness, and that as well as the Terror and Surprize, very much contracts the Nervous Membrane and Tubes, in which the aerial Spirits are contained; and they being kept tense and compressed, do most easily communicate all External Impressions to the sensitive Soul ; not only the External Senses are more lively in Cold Weather, but all our Animal Actions and Reasoning are then more vigorous by the External Compressure of Cold Air ; and the same may at any time be produced by Cold Baths : but when the Air is warm and Wet, the Compression on the Body being abated, a Heaviness possesses the Head, and all the Senses are more sleepy and dull. And to prove that the Cure of most Infirmities of the Brain may be performed by Cold Water, I will transcribe the Words of *Celsus*, *Capiti nil æque prodest atque aqua frigida. Itaque is cui hoc infirmum est, per æstatem, id bene largo canali quotidie debet aliquando subjicere, semper tamen etiam si sine Balneo unctus est, neque totum corpus refrigerare sustinet, caput tamen*

tamen aqua frigida perfundere debet. He farther observes the great benefit of the frigida Lavatio, as he calls it, to the Distempers of the Eyes, Neque vero iis solis quos capitis Imbecillitas torquet usus aquæ frigidæ prodest, sed iis etiam quos assidue lippitudines, gravedines, distillationes, tonsillæ male habent, hic non tantum caput perfundendum, sed etiam os multa aqua frigida perfundendum.

'Tis a curious Remark which Celsus has made about the Use of Cold Bathing, that it's most useful in wet Weather, when all People are sensible of a Heaviness and Dullness of their Spirits; these are his Words, *Præcipue omnibus quibus hoc auxilium utile est, eo utendum est, ubi gravius cælum Austri reddiderunt.* I have clearly proved Cold Immersion to be useful in all the Infirmities of the Head and Eyes: And I might add, That Deafness has been lately cured by the same, in the Cold Bath at London. And from the Cure of these Infirmities of the Brain, we may infer, That the Ceremony of Ablution of the whole Body, had a good natural Effect on the Body, and prepared the Mind for the Reception of Divine Thoughts and Impressions, by purifying the Animal Spirits, and compressing their irregular Motions. And since

Since all Physicians and Moral Philosophers, teach us to rectify the natural Infirmities of the Mind by a suitable Diet and Exercise, I hope you will not think this Reflexion extravagant, that I say all Divine Persons have used the Immersion into Cold Water upon the same Account, and that the Christian Institution has only improved that Ceremony, by the annexing great Benefits to the Performance of it, *viz.* The Admission into the Church, the Remission of Original Sin, and the Reception of the Holy Ghost, who by a Supernatural Power purifies and enlightens the Mind in a greater measure than the Power of the best natural Means we have can effect, which only alters the Temperament, introduced by the Original Sin of our first Parents. *Hippocrates* imputes all Wisdom and Folly to our Natural Temperaments, which we may make better or worse as to Wisdom or Folly, according to our good or bad Regiment; for when the natural Heat, or *globuli sanguinei* prevail too much above the natural Degree of Serum in our Humours, the Soul becomes too quick, precipitate, inconstant, and furious. And he teaches us for that this Regimen, To increase the Serum by moistening Diet, to use only gentle Exercise after Eating, and to
avoid

avoid all Excess of hot Diet, which makes them furious; to eat rather Herbs and Fish, and to drink nothing but Water; to use moderate Exercise in the Morning, by walking to discuss hot Humours; and he commends a Tepid Bath. But that a Cold Immersion also has a general good Effect in all the Infirmities of the Brain, I have fully proved by the Quotations from *Celsus*; and because Cold Baths stop the Circulation of Hot Blood to the Brain, they may therefore give a greater clearness to its Faculties. The effect of all violent Passions which disturb the Judgment, is to carry a great Quantity of Blood to the Brain; and by a violent Circulation the Spirits are furiously agitated, which is very prejudicial both to Wisdom and Prudence. I have therefore believed that Cold Bathing is a necessary Regimen for the obtaining of both, and not only a pure Ceremony for the Initiation of Profelytes.

I will next consider the usefulness of Immersion in the contrary Temperaments, where the natural Heat or Spirits are but few, and the Serum does too much abound; such Temperaments make us Dull, Stupid, Foolish, and Slow in all our Actions and Senses; for where the Circulation of Humours is slow, there the Animal Spirits act heavily.

heavily. And for these Tempers, *Hippocrates* prescribes this Regimen: to use a drying Diet, and to Eat little; they must use violent Exercise, and Purges of *Hellebor*, and Vomits, and Hot Stoves; and by these Methods they will attain great Health both in Body and Mind, and thereby become more Brisk, Wise, and Prudent. That Cold Immersion produces a Driness in over-moist Constitutions, is evident by the Evacuations it makes by Urine, Stools, and Sweats; and by a moderate degree of it, it produces a Heat and Ebullition in the Humours, which may be useful to Cold Temperaments; but in Hot Tempers we use a greater degree of Cold Immersion, to stupify and congeal the over-rarified Humors, as a slight continuance in Hot Baths rarifies and heats our Blood; but a longer use cools by Evacuations of Sweat. And so it is in Cold Bathing, we may use it in different degrees, and thereby produce contrary Effects; a little Cold heats, but an excessive starves us. Most Passions are attended with a disorderly Motion of the Spirits and Blood, which the Cold Immersion checks, or alters their Motions; for in Cold Baths the Pulse is small, slow and rare, and the Spirits suffer a shivering or tremulous Motion, and a Fright or Surprise,

prize, which certainly distracts any impressed Motion from the Body in its natural Passions, as well as the voluntary Passions depending on cogitation. That the Cold Immersion stirs up the Lethargick, we may observe by its Effects on a Drunken Man, who by a sudden Immersion into Cold Water, does presently become Sober, and makes great quantity of Water. We sprinkle Cold Water upon fainting Persons, which excites their Spirits to return into the Senses; but a great Terror and Surprize happens upon an Immersion, and that excites the drowsy Spirits to contract all their Tubes and membranous Vessels, by which all Sensation is made more lively, and all Actions of the Body more strong, and the stupid Mind is powerfully excited.

If we reflect on the vicious Regimen of Men of this Age, who addict themselves to too much Tobacco, Strong Ale, or Wines, or Strong Waters; to Salt, and high Sauces, and Gravies; to a constant Diet of raw roasted Flesh-meat, fermented Bread, and fermented Liquors, (without any such Intermission as the Church advises in Lent and Fasting-days) we may truly discern the occasion, or first Original of the Diseases most frequent amongst us, which de-
pend

pend on a Blood too much heated, salt or inspissated, or the Spirits over-rarified: such is the Rheumatism, the Gout, Stone, Consumptions, Convulsions, Scurvey, Apoplexy, Deliria, Melancholies, Hypochondriacism, Cancers.

If we also consider the vicious Diet or Regimen of Women, who are taught to Drink not only Strong Wines and Hot Liquors, but all sorts of sugared and spiced Liquors, Chocolate, Coffee, Tea, from their Youth; they are oft used to Strong Broths, High Sauces and Pickles, Oysters, Anchovies, Herrings, Mushrooms, Strong Pottages, and Meat full of Raw Blood; these Errors in Diet produce all the Female Fluxes, Scurfs, Leprosies, Consumptions, Hysterick Disorders, Cancers, Decay of Appetite, and speedy Old Age. What Children are produced from Persons, who have thus by an ill management corrupted their Blood and Spirits, must certainly inherit the Diseases of their Parents, and after, if bred up in the vicious way of Living, they will still increase the Propagation of the same Diseases, which are very much heightned in their Virulency by the continuance of the same ill Regimen for two or three Generations. 'Tis certain that nervous Diseases are of all most Hereditary.

ditary. And I have heard some complain, That Fits of the Mother, Hypochondriacism, Convulsions, and Apoplexies, are now more frequent than in former Ages ; and these cannot be imputed to any thing more than the ill Regimen in Hot Diet, want of Exercise, and the vehement Passions of the Female Sex, as well as the Effeminacy of the Virile. That these Diseases may be much prevented by the Trine Immersion will be made very probable, since they may be much relieved, palliated, or cured by Cold Bathing. I will first describe the general Benefits of it which Infants have thereby, who are Born of Parents that have injured their own Healths by a hot Regimen. Such Infants, like their Parents, have a soft flaccid Flesh, and porous Skin : The Cold Immersion hardens their Flesh, and contracts the Skin, and makes it insensible of all the Changes of Weather. Such Infants have weak Limbs, and a stupidity of their Minds : The Cold Immersion will strengthen the Limbs and clear the Head, and excite the sensitive Soul to act more vigorously. No Distemper is more frequent in Infants than the Rickets ; and since 'tis certainly known that Cold Bathing will cure them, as I shall hereafter prove, we may clearly
infer

infer from thence, that the Immersion in Baptism would probably prevent that Distemper, which seizes Infants from the ninth Month to a Year. and a half. Since the Rickets is esteemed a new Disease, I thought fit to consider its Original in our Country, and I find that this Distemper is reputed to have commenced near the time when the trine Immersion began to be disused in our Church. We have this Account of the Origin of the Rickets in Dr. *Glisson's* Book concerning them. The Rickets were first known in the *West of England*, in the Counties of *Dorset* and *Somerset*, about thirty Years before the Writing of his Book; and the Second Edition of it was printed 1650. but the first some time before.

The Rickets therefore appeared first about the Year 1620. and afterwards travelled into all Parts of the Kingdom, and it was more rare in the *Northern* Countries, where they commonly cured it by Bathing in *St. Mungo's Well*.

I have proved the continuance of the Immersion, till after *Queen Elizabeth's* 1603. Days; therefore by the disuse of it, the rise of the Rickets was much promoted: for since Cold Baths are the best Cure, the Immersion would have been the best Preservative against them. Therefore what-

ever might be the first Cause of the Rickets, whether the neighbouring Hot Baths, or an Excess of the Use of them by its Borderers, or any Intemperance in Diet, I may certainly conclude, that the disuse of the Trine Immersion very much helped its spreading all over the Kingdom of *England*.

I will proceed farther to give the Effects of Immersion in other Diseases, to which Infants are subject.

Infants are subject to the Stone, and much fabulous Matter is settled in their Urinary Passages during their stay in the Womb; for which reason, Children are oft Born with the Stone. 'Tis certainly known that by Immersion into the Water the Suppression of Urine may be cured; therefore the Trine Immersion does very much cleanse the Urinary Passages, by occasioning great Quantities of Water.

Children are much troubled with Gripes if much Bound, but the Cold Immersion causes the purging of the Black *feces*, which cause the Gripes in Infants.

Children are subject to Pimples and Scabs in the Skin, Inflammations and Excoriations of it; the Immersion not only clears the Skin by Ablution of the same from the Salt Humour in which it swam in the Womb;

Womb; but that also produces Sweat, and transpires the Acid Salt Serum, which corrodes and inflames the Skin.

The New-born Children are subject to Inflammations of the Mouth, Navel, and of the Ears; Coughs, Vomits, want of Sleep, Frights, and Convulsions, &c. Most of these Diseases depend on a sharp Serum, which being evacuated by Urine, Stool, Sweats, which are occasioned by their Immersion into Cold Water; those Diseases will also be prevented by the same: which also contracts the nervous *Fibrillæ*, and thereby strengthens all Parts against any Defluxion of Humours.

I have mentioned the Childrens Diseases which the Baptismal Immersion will prevent, and I think it probable that it may rectify the *mala stamina* of the solid Parts, and the ill Effervescency of the Fluids, by which hereditary Diseases will in time appear. The Immersion contracts all the solid Parts, and therefore strengthens not only the Limbs, but the Glandules; of which nature, the Liver, Spleen, Kidneys, and Brain are, who all receive a better Tone thereby; all the hot Blood and Spirits, and their Vessels are compressed, and the Child becomes hardy, brisk, and active, all which may very much prevent the growth

of Hereditary Diseases; such are the Gout, Stone, Asthma, Convulsions, Melancholies, and other *Deliria*, Palsies, Apoplexies, Blindness, Deafness, Consumptions, Rheumatick-pains, and King's Evil. And since Cold Baths are great helps in curing of these Diseases, the Trine Immersion may conduce very much to prevent the same.

I hope you will pardon me, my Reverend Patrons, for intermixing Physical and Spiritual things. I have made the Immersion almost an Universal Remedy for our infirm Bodies, as well as a miraculous Purifier and Cleanser of the Soul by its Supernatural Virtue.

The frequent Consideration of this Subject hath afforded me these following Reflections, That all Divine Institutions have such large and diffusive Virtue, as to remedy the Disorders both of Body and Mind; so the Observation of Fasting days in the Church preserves the Health of the Body, and prepares the Mind for Divine Meditations. Our Saviour first cured the Diseases of our Bodies, that thereby he might convince the Infidel *Jews* of his being the *Messias*, and thereby save their Souls.

The Second Reflexion I made, was, That the Church of *England* continued the Ule
of

of Immersion longer than any other Christian Church in the *Western* Parts of the World ; for the *Eastern* Churches yet use it ; and our Church still recommends the Dipping of Infants in her *Rubrick* ; to which I believe the *English* will at last return, when Physick has given them a clear Proof by divers Experiments, that Cold Baths are both safe and useful.

The last Reflection I made, was, That they did great Injury to their own Children, and all Posterity, who first introduced the Alteration of this truly Ancient Ceremony of Immersion, and were the occasion of a degenerate, sickly, tender Race ever since. But this disuse is no way imputable to the Church, but to the perverse Humour and Prejudice of the People, who would rather have no Baptism, than not have it according to the new Mode of the last Century.

Before I conclude, I ought gratefully to acknowledge the Use of some of your Books, I borrowed, relating to this Subject, as well as the kind Incouragement and Assistance in the Building of my Cold Bath. All the Respects I can return, is to chuse you Patrons for this Essay, concerning the Old Ceremony of Immersion ; and I thought none so fit as the Governours of

our Church, who by their Eminent Piety and Learning are the great Ornaments of it. I beg your Acceptance of this small Present I make you, and desire it may be a Testimony of my great Esteem for the Primitive Constitution of the *English Church*. And that I might hereby express my Design of doing good, both to the Bodies and Souls of Mankind ; I have exceeded, I know, the Bounds of my Profession, and if I have any way deserved your Censure in treating of these Ecclesiastical Affairs, I beg all your Pardons for my Mistakes and Errors, which I hope you will freely grant to me, who am,

My most Reverend Patrons,

Your most Obliged

and Humble Servant,

Litchfield, Decem-

ber 15. 1700.

JOHN FLOYER.

LET-

L E T T E R I V .

Concerning some remarkable Cures done formerly, or lately performed by Cold Bathing.

*Qui caput & stomachum supponere fontibus audent
Clusinis, Gabiosque petunt & frigida rura.*

Horat. Epist. xv. ad Valam.

*To all those Worthy and Obliging
Gentlemen, who have contributed towards the Erecting the
Cold Bath at Litchfield.*

Physicians oft find it a difficult Task to conquer the Aversions of Nice Patients, and to persuade them to use those Medicines to which they have not been accustomed, until they have first convinced them, that their Medicines are both safe and

necessary. I expect to find the same Aversion to Cold Bathing. I will therefore take the same Method to convince you, my Honoured Benefactors and Countrymen, that Cold Baths are both safe and useful. None will deny that that Method of Physick is safe, which has been long tried by the Ancient Physicians; and again, lately tried and well experimented by the Modern Doctors: and all will then admit that Cold Baths are useful, when I have proved that they are necessary, both for the Preservation of our Healths, and for the curing many considerable Diseases.

The Antiquity of Cold Baths is fully proved by what I have observed from *Hippocrates's* Writings, and from thence I infer, That Cold Baths are as Ancient as the Hot Baths. And when I have hereafter given *Galen's* Directions for the same, it will appear that Cold Baths lasted longer than the *Grecian* Monarchy, and that the *Grecians* had that Practice from the *Scythians*, *Agyptians*, as well as all other Parts of Physick, which they improved, and communicated to the *Romans*: And that they commonly used the Cold Immersion, appears sufficiently by the Testimony of *Celsus* and *Horace*; and the Cure of *Augustus*, related by *Suetonius*; and by what

Seneca

Seneca writes of his own Practice. And *Pliny* largely describes the Cold Bathing in his time. *Celius Aurelianus* gives us the Practice of *Soranus*, who in many Distempers, as the Asthma, &c. prescribes the *Psuchrolusia*, and he lived about *Trajan's* time. But *Galen* many Years after, and he practised at *Rome*, as well as among the *Grecians*, who also was well versed in the Art of Cold Bathing, and prescribed many Cautions about it. After him *Ægineta*. *Ætius* quoted what he wrote, and prescribed Cold Baths for the preserving of Health, and the curing of many Diseases. To all these I must add what we have by an uninterrupted Practice used, both at *Holywell*, *St. Mungo's*, *Willowbridge*, *Roothen-well*, and many other Cold Springs in *England*. If we had not these Practices from the *Romans*, we may be supposed to have learnt them by our own Country Experience; for Nature seems to have taught all Nations the Use of Cold Water, where the Art of Physick has never been yet known; as in *Tartary*, *Muscovy*, and amongst the *Indians*; so that we may esteem the Use of Cold, as well as Hot Baths, to be from the Dictates of our Natural Reason and Senses, whereby we are taught to heat our selves by Fire, and cool our over-heated Bodies by Water.

Cold

Cold Baths were older than *Hippocrates's* Art, not the product of any Hypotheses, but established by the Experience of all Mankind in the colder Climates.

The Author of the *Embassy from Muscovy to China*, gives us an Account how the *Tounguses*, a *Tartarian* People, harden themselves against the extream Cold of their Air; as soon as their Children are Born, they in the Summer-time put them into Water, and in the Winter lay them in Snow to harden their Skins. Sir *John Chardin* mentions a kind of Washing the *Mengrelians* use to their Children in their Cellars; and that the *Romish* Priests only drop three Drops of Water on their Forehead, which with a mental Form of Baptism they think sufficient to make the *Tartars* good Christians. Mr. *Locke* tells us, That the *Jews* in *Germany* and *Poland*, where the Air is as Cold as in *England*, Bathe themselves, both Men and Women, in the Winter, as well as Summer, without any prejudice. And the *Germans* of old, and the *Irish* at present, Bathe their Children in Cold Water: And that in the *Highlands* of *Scotland*, the Women Bathe their Children in Winter. By these Instances it appears, that the *Northern* People have found Cold Baths very useful to their Bodies.

I might

I might urge the Practice of the Primitive Church in the Immersion of all Persons baptized ; but that matter being sufficiently proved to have lasted 1600 Years, is a convincing Argument for the safe Use of Cold Baths, as well as for their Antiquity. I will only add some Modern Practices of that nature, to shew how closely some Nations yet retain that Ancient Custom.

Sir *Paul Ricaut* gives us an Account of the present Baptism in the *Grecian Church*, (which extends it self into *Muscovy*, and *Georgia* Northwards, and into *Anatolia*, *Thrace*, &c. In short, most of the *Eastern Christians* follow the Practices of that Church); and he tells us, That Church holds Dipping or Plunging into Water as necessary to the Form of Baptism, as Water to the Matter ; for the Proof whereof he says, They quote the 50th Canon, called *Apostolical* ; and the 42d Chapter of the *Apostles Constitution* ; and that the Trine Immersion was used as a Test against the Hereticks, who deny the Trinity. And *Dr. Smith* describes their Font or Laver one Foot and a half deep ; and he tells us, That they Dip the Child at the mentioning of each Person in the Trinity. And he assures us, That they rigidly retain the Trine Immersion according to the Custom and Practice

ctice of the first Ages ; but that they vary from it on some occasions, and pour Water on the Child's Face three times.

I am informed, That some of the *Welch* yet Baptize by Dipping, and that their Nurses ordinarily wash their Children in Cold Water every Day from their Birth, till they are three Quarters of a Year old ; by which Method they preserve them from the Rickets.

Mr. *Brerewood* informs us, That the *Habbassians* Baptize themselves every Year on the Day of the *Epiphany* in their Lakes and Ponds, which they practise as a Memorial of Christ's Baptism on that Day in *Jordan*. And he adds, That the *Muscovites* do the like on the same Day, in Memory of our Saviour's Baptism. And by these two Instances we may observe, That the Christians in *Muscovy* and *Aethiopia*, agree in the Immersion in Baptism, as well as their Memorial of it, though their Climates are very differing ; the one being extream North and Cold, and the other very Hot.

Vaunfler, in his *Present State of Aegypt*, gives an Account of the *Copti's* practising the same Ceremony on the 16th of *January*, when they celebrate the Feast of the *Epiphany*, when after the Prayers at Night they dip themselves in a Pond or Bason of Water,

Water, which is near the Church in a Chamber, three Perches square, but as deep as any Man is high ; and after the Men have done, the Women dip themselves.

Dr. *Giles Fletcher* gives an Account of the *Russians* Baptism, That the Priest standeth ready in the Church Porch with a Tub of Water by him ; and after certain Prayers, he plungeth the Child thrice over Head and Ears ; for this they hold to be a Point necessary, that no part of the Child be undipped in the Water. If the Child be Sick or Weak, especially in the Winter time, they use to make the Water lukewarm. See *Purchas Pilgrims*. He further tells us, That on the Twelfth day, the River at *Mosco* is made Holy ; and after the Women dip in it their Children over Head and Ears, and both Men and Women leap into it ; some naked, and others with their Cloaths on ; and this Water they give to their Sick to Drink. They use Bath-Stoves to Cure their Diseases oft in a Week, and when they come out of them sweating, they leap into the River naked, or else pour Cold Water all over their Bodies, and that in the coldest time of the Winter. See *Purchas*.

I think

I think it necessary here to Answer an Objection, which those of this Age may make, *viz.* that if this was an Ancient and safe Practice, how came it to be so totally forgot and neglected till now? To which I may readily answer, that not only the Practice of Cold Baths; but the Use of the hot Ones were totally subverted by the Inundations of many Barbarous Nations into these *Western* Parts of *Europe*, who not only destroyed all Books, and learned Arts of Physick, but rendred the Language in which they were writ unintelligible; not only Physick, but Poetry, Painting, Law, Divinity, were almost lost in the barbarous Ages succeeding the Devastation of these Barbarians; Ignorance over-spread all Places and Arts; and of late Years our Physick has been translated from the *Arabians*. And since Inquisitive Men have got the Books and Languages, in which they were writ, many of the old Opinions of *Hippocrates* are revived, and pass for new Inventions, because more clearly proved, or farther explained by the Modern Writers. *Hippocrates* asserts, That the Substance of the Brain was glandulous, which the Moderns have described more exactly by the help of their Glasses; he believed the Heart to be muscular, and the new A-

natomists

natomists have now clearly described the several Muscles, and the Fibers. He asserted, That the Air was contained in the Animal Humours; which the Moderns have fully demonstrated by the Air-pump. This ingenious Age has not only revived some Opinions, but also many old Practices, such are the profuse Bleedings, *ad animi deliquium*, in great Inflammations, the extream Purges in Dropfies, the Helleborisms in Madness, frequent Cuppings and Scarifyings instead of Bleeding; Burning with *Moxa*, instead of that used by *Hippocrates*, by Flax, or Cotton, or Mushrooms. And amongst these old Practices I must not omit, that this Age does endeavour to revive Cold Baths; and how far the Cold Waters have proceeded in that Affair, may be collected from my Account of *Hippocrates's* Opinion concerning them. The Account of Cold Bathing, I shall more particularly consider hereafter.

Since the Methods of Cold Bathing were well known to the Ancient Physicians, all I pretend to in this Essay, is to recommend what they have done, and to take off any prejudice which the Moderns entertain against that Practice. And for Method sake, I will divide the Cold Baths into these Three Kinds, and discourse of each.

1. *The*

1. *The Water of Rivers which is insolated or Tepid by the Heat of the Sun.*

2. *Common Water moderately Cold, with which we Wash either the whole Body, or the several Parts of it.*

3. *Extream Cold Springs impregnated with some Cold Mineral, such as the Stypticity in Well-waters; some Particles of Lead, or else Water in which the Air is extreamly condensed; all which are very Cold to the Touch.*

1. The Benefit of Bathing in Rivers is very great, and this is chiefly practised by young Men and Boys. All Creatures besides Men being disturbed by the Summer's Heat, go into Rivers and Ponds to cool them. *Mercurialis* bathed himself in the River *Arnus* at *Pisa*, and thereby cured himself of the Stone in the Kidneys; and he advises the *Nephritick* to place their Backs against the Stream of the River. And he gives this Advice concerning this sort of Bathing, where the Blood is hot, and the Kidneys burn, and any trouble happens in making Water, where the Skin is dry, or deformed by Scurf, Itch, Pustules, to use frequent Bathing in Rivers.

It was accounted an opprobrious thing amongst the *Romans*, *nec natare nec literas scire* : And our Saviour sent the Blind Man to Wash in the Pool of *Shilo*, which was a Common Bathing place.

The general Effects which Experience assures us that it produces, are to cool in the *Dog-days* to cleanse and moisten the Skin ; it cures Thirst, causes Sleep, produces much Urine, prevents Fevers, and feeds thin Bodies, and creates them an Appetite, and helps their Digestion ; but it's necessary to observe these Cautions to prevent the Injuries which may happen by it.

1. *Not to Bathe in Rivers immediately after Eating, nor after Drinking strong Liquors, nor after great Exercise.*

2. *Not to stay in too long, not above an Hour, or so long as to be over-chilled by it.*

Idly, I shall next Discourse of Common Water, and its Use in Bathing, or Washing the several Parts of the Body ; and this is like the Perfusions used of old to the whole, or some part.

Celsus advises the washing of the Head with Cold Water, to prevent Rheums, Pains of that part, and of the Eyes. I find this Practice still continued amongst many wise

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Men ;

Men ; they Shave their Heads every Week, and Wash it every Morning with Cold Water, which hardens the Skin, and cools the Brain, whereby the Flux of too much Blood into it is prevented, and that coldness of the Head renders it fitter for all Rational Thoughts, and the Animal Spirits being compressed, are more lively, springy, and fitter for Motion. Every Parent wishes his Child may be bred up to a great degree of hardiness. The best Methods to attain that, is the Immersion at first into Cold Water in Baptism ; and afterwards to use the Method of Washing their Children in Cold Water every Morning and Night, till their Children are three Quarters old ; for by this the *Welch* Women use to prevent the Rickets in their Children ; and 'tis a common saying amongst their Nurses, *That no Child has the Rickets unless he has a dirty Slut for his Nurse.*

This Method is used in this Country, by an Honourable Family, of Washing their Children all over, but they use Milk and Water cold.

It was the Custom of the *Jews* (for which see *Ezekiel*, Chap. xvi. Verse the 4th) and of all *Asia* besides, to Wash the New-born Children in Salt and Water, to make

make the Skin hard and dense; for which end *Galen* advises to sprinkle Salt all over the Infant. See his Book for *Preservation of Health*.

Mr. *Lock* in his Ingenious Book of Education, advises us to Wash the young Pupil's Feet in Cold Water every Day, to render him able to bear the Injuries of wet Weather better. He advises us to begin in the Spring with Lukewarm Water, and so colder and colder every time, and to continue this Winter and Summer: And for the encouraging this Method, he tells us, That he knew this used every Night in the Winter, though the Ice covered the Water, yet the Child bathed his Hands and Feet in it; and when he began this Custom he was very puling and tender. This Bathing of the Feet may be as safely done, as the Washing of the Face and Hands every Day: Nothing makes any difference betwixt them, but Custom; and if Changes be made by insensible Degrees, we may bring our Feet and Head to bear the same Lotions, as the Face and Hands, without either Pain or Danger.

He that considers the Nature of Perspiration will believe the Morning the most convenient time for these Affusions of Cold Water, for then the Perspiration of the

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Body

Body is fully finished, and the Body is become empty of all hot Particles, produced by the Fermentation of the Chyle and the Effervescences of the Blood.

The way to prepare our Body for Cold Baths, if very tender, is to wash it all over in warm Water first about the Spring-time in *May*, and so every Morning use cooler till it can bear the Sense of very Cold Water: but I have known many tender Persons to have used the coldest Baths immediately without any Danger; but they ought not to stay in them at first trial, but only to Immerse, and immediately get out again.

I will next describe some particular Uses of Cold Water, and after give those Methods which are prescribed to preserve our Health by Cold Baths.

The Use of common Cold Water is well known to the Farriers, who have a Method of curing foundered Horses by it thus.

Take a foundered Horse within forty-four Hours after his being foundered, Ride him till he Foam and Sweat much, then Ride him into the Water to the Saddle-skirts, keep him there for an Hour, then Gallop him to the Stable, tie him to the Rack, and let him not Eat for four Hours,
Dress

Dress him, Litter him, and put Blankets on him to Sweat, and cool him by degrees.

I have also been informed, That the way of Sweating by Cold Water, is sometimes practised by our Country Gentlemen, who love Horse Races, to abate the Weight of the Rider by Sweating. Dip the Rider's Shirt in Cold Water; and after it is put on very Wet, lap the Person in warm Blankets to Sweat him violently, and he will after lose a considerable weight, a Pound or two.

I have met with this Method to stop Bleeding, and to prevent Fevers upon Wounds: put the Limb hurt into a Pail of Water, and hold it there till the Blood be stopt, and the Part return to its natural Colour, cover the Wound with the Skin of an Egg, and lap it up in a Cloth for nine Days; and if a Fever happen, put the same Part into the Water again. It has been a tried Experiment for Women to put their Feet into Cold Water in their Hemorrhagies from the Womb; and to Bathe the *Anus* with Cold Water prevents the Piles.

Mr. *Lock* commends the washing of the Feet in Cold Water for the preventing of Corns.

I have mentioned these partial *Lotions*, to shew the safety and general usefulness of Cold Baths to particular Parts. I shall next transcribe what Methods and Directions *Galen* has prescribed for the Preservation of our Healths by Cold Baths. He says, They are proper for Persons in perfect Health, to thicken the Skin, and make it insensible of Cold Air; 'tis proper for fleshy Persons, for the temperate, and those who use due Exercise; the chief Use of it is in the Summer-time, and we must accustom our selves to it by degrees. The Benefits the healthful will receive by it, are the increase of Appetite, the quenching of Thirst, the strengthening of the Digestion, and the rendring the Limbs strong, musculous, and lively, and renders the Skin insensible of all the Changes of Weather, and the whole Habit of the Body becomes more compact and fitter for Exercise. On the contrary he believes Cold Baths injurious to thin Habits, growing Bodies, under Twenty, and very cold Constitutions, to those who live intemperately, and use no Exercise; and they are dangerous after Venery, Lassitude, Crudities, Vomiting, Gripes, Looseness, Watching, and to those who are not accustomed to them. He gives us these Cautions about the Use of
it,

it, not to use it rashly and suddenly, but advises to begin the Use of it in the beginning of the Summer, that we may get a Custom of it before the Winter; we must chuse a calm Day, and a hot one, and the hottest time of the Day, the Person to be bathed ought to be in perfect Health, and in his Fourth *Septennium*, and of a lively and chearful Spirit. He orders the Body to be prepared in a temperate *Gymnasterium* by plentiful and vehement Friction by a course Cloath, and afterwards by rubbing with Oyl as usually, and exercising with equal and quick Motion: He may descend into the Cold Bath not by degrees, but all at once by leaping into it; a Horror is produced by going in by degrees, and the Water must not be very Hot, nor very Cold, at the first time of using it, but colder afterwards. We may stay in Cold Baths what time we can conveniently bear them: and in a less Cold Water, if we stay long enough, we may have the same Effect produced as is by a very Cold Water, wherein we stay a less time. When any one comes out of the Water, he ought to be rubbed with Oyl, and that by many till the Skin is warm; afterwards let him Eat more than usually, and Drink according to his Custom; these things must be pra-

staid for three or four Days, and afterwards he may at the same time go in after Friction a second time, or stay in much longer. He observes, that we have staid in too long when the Body is very pale, and it is not soon heated again by Friction, and does not recover its natural Colour and Heat thereby: but we have staid in moderately, when the contrary happens. See *Galen in his Third Book of the Preservation of Health*. This Quotation sufficiently proves *Galen's* Opinion of the usefulness of Cold Baths, which I shall farther confirm by the following Reflexions.

Since our frequent Epidemical Fevers depend on the Changes of our Air, the frequent Rains and excessive Colds, we cannot invent any likelier Method to prevent such Diseases than by Cold Baths, which so harden the Skin, that it becomes insensible upon the great Changes of the Air; the Stomach is very much strengthened and increased; by which the breeding of any *Cacochymia's* is prevented, the Spirits over-rarified and tumultuous in their Motions are compressed, cooled, and made fitter for rational Operations; the Muscles are made more strong, compact, and vigorous, in all the Exercises we use, whereby Health is much preserved. To all these advantages

antages of Cold Baths, I may add, That the coldness of the Water contracts the Nervous Fibres, and thereby strengthens their Motion, and hinders their Laxity and Evacuations of Humours, which would prejudice our Health; they also promote Urine and Perspiration, as *Sanctorius* affirms, and the Menses. If Cold Baths had no other Effects than helping our Digestion, and making the Body more vigorous in its Exercise, that would be sufficient to prove their usefulness for the Preservation of our Healths: but their Effects are more considerable in strengthening the Tone of the Solid Parts, and preserving the Crasis and Motion of the Fluids; and its Effects reach the very Soul of the Animal, rendering it more lively and brisk in all its Operations; and we preserve thereby that *Divinae particulam auræ* in its full Luster, as our Noctiluca's are kept in Water. Life consists in the Union of the Soul with the Animal Spirits, which are longest preserved by a Cold Regimen, but soon dissipated by a Hot, or else made too Elastick, Windy, and Irregular in their Motions, by too much Heat and Rarifications; and this Error of the Spirits is best corrected by Cold Bathing. And since by the ensuing Discourse it will be evident, that Cold Baths

will

will Cure considerable Diseases, I may thence infer, that the use of them will prevent all those it can Cure: and thereby confirm my Assertion, that Cold Baths are necessary for the Preservation of our Healths.

I might farther intimate, that Cold Baths must have a great Effect on the Heart, as well as all the other Muscles, and that it strengthens its Fibers, and invigorates its Motion, by compressing the Animal Spirits which agitate its Muscular Fibers, by causing a greater Tension and Contraction of the Fibers themselves, and by exciting the Motion of the Heart, when the Humour makes an Effervescence after their Compression by Cold Water: for though during the Immersion into it, the Pulse stops, and the Motion of the Heart is slower; yet, after that, for some time that Muscle works faster, and evacuates by Sweat and Urine, and the Menses, and the whole Body is sensibly hotter. And if the Muscles of the Heart become stronger by Cold Baths, then the Sanguification of the Chyle, and the Secretion of the old *Fæces* of the Blood, *viz.* the Choler, *Bilis atra*, the Slime, Salt Serum, and the Aerial Gas, are better performed, on which our Health very much depends. But I will use no more Arguments, but only subjoin a Letter
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concerning the Use of Cold Bathing practised by Sir H. C. for the Preservation of his Health; and this was writ by a Person on whose Credit I can depend.

March 4. 1700.

Most honoured Sir,

According to your desire I here furnish you with the best Account I can of Sir H. C. in the County of W——r, as remarkable an Instance as any upon the Subject you are treating on, I mean the Advantage of Cold Baths. — I remember I have heard the Account of his Method, and the Advantages he hath received by it, from himself and others. — He was afflicted with the Gout in a very terrible manner, that in no very long time his Joints were so knotted, that he could scarcely go, or indure any Person to tread in the Room where he was. In short, he was reduced to such a Condition, that it made even Life it self a burden to him. The Method taken with him was warm things. As I remember, he said, his Floor was covered with Bays, and he felt the Air so piercing, that he durst scarce look out of the Window, but it would affect him. — When he saw that he grew worse by this Method, he began to use himself to the Air, and
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to try Cold Water ; whether he was advised to it or not, I cannot tell, but he quickly apprehended some Relief. After some time he got a retired Place, where there was a good Spring that stood convenient for him, which he so contrived as to go what Depth he pleased in the Water.—— It quite altered the Habit of his Body, and abated his Pain to that degree, that often he would say, he was absolutely cured. And those returns of Pain that he had, were never very violent, as I have heard ; it secured him from the Injuries of the Air, and Change of Seasons ; sitting up late never disordered him : And I have been told, that he seldom or never took Cold ; it made his Stomach good, and Constitution strong ; and the main thing that he attributed all this to, was the Effect of the Cold Bath.—— He would laugh at those People that thought this a rigorous and unsupportable Method. He affirm'd, It was nothing, a little use would make it easy and familiar ; he never declined it in the Frost and Snow : One cold Morning in the Christmas, I well remember, I saw him in it. He would be very Copious in the Praises of it, and say, That nothing gave that Vigour to the Spirits, and did so fortify the Constitution, though People would not be persuaded to it.—— He himself, I am
sure,

sure, is the most convincing Evidence of it, having used it, for ought I know, above thirty Tears, with such a vast Success, that may give it the most advantageous Character, as one of the cheapest and most effectual Remedies to conquer the most tough and obstinate Distempers. I could have been more large in these Particulars, but I thought it best to set down what you might certainly depend upon.

I am,

S I R,

Your most humble Servant,

J. B.

P O S T S C R I P T.

S I R H. C. began his Custom of Cold Bathing by Washing his Feet in Cold Water in Hot Weather, and afterwards he washed all over at all Seasons; he does not go to Bed after Bathing; he usually stays in the Water as long as he can conveniently bear it.

3. The third and greatest Degree of Cold Baths, is that of Springs, whose Water contains an Air much compressed by the coldness of its Terrestrial Receptacles or Caverns. That Water which is frozen is much colder, but not so fit for either External or Internal Use.

The Cold Baths of the *Romans* were Springs, into which they leapt, and not covered as some be here ; both *Horace* and *Seneca* mention such. 'Tis certain, that a Spring covered by a Building is much colder than the same uncovered ; and therefore not so safe ; this is evident to them who have tried both the one and the other at *Willowbridge*. All Physical Practices which have least of Art, are usually more agreeable to Nature ; for which reason I prefer the open Cold Baths at *Holwell* and *Litchfield*, before the covered Springs : for though in these there be less coldness ; yet there is sufficient to produce any of the same Effects, if we stay so much the longer in these Baths ; and then we incur no danger by any excessive coldness, neither are we over-chilled by the Damps arising from a covered Spring before we go into the Water.

Of late, Cold Bathing began to revive in *England*, as is well known; and the Ingenious Physicians, whose Experiments have given it a new Birth, and have established its Credit, deserve a great Honour from all of their Profession, as well as their Country. For they have born the Envy and ill-natured Reflections, which all Practices, which appear new to the Vulgar, occasion. All the Service I can do on this Account to my Profession, is to remove the Prejudice which is entertained by the Common People against Cold Bathing, by shewing,

1. *The Necessity of Cold Baths for curing the excessive Tendernefs produced by a Hot Regimen.*

2. *By giving some Instances of great Cures done by Cold Baths in England.*

3. *I will give a Catalogue of those Diseases, which have been cured, either by the old Writers, or the Modern Physicians.*

1. Nature teaches us what Regimen is most suitable to each Climate; but Luxury and evil Custom, or Fancy, oft corrupt our natural Senses, and introduce ill Habits, whereby our Bodies are greatly disordered and made very unhealthful. This
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Observation will appear true, if we reflect on the Practices, both of the Inhabitants of the Hot and Cold Climates.

In hot Countries, where the Humours, viz. Blood and Spirits are over-rarified, the Serum is too much evacuated, the solid Parts are over-heated and dried ; Nature directs us to use a contrary cool Regiment to prevent all these Inconveniences, &c.

1. To abstain from *Flesh-meats*, and feed much on *Fruits*, and to drink *Water* rather than use any fermented *Liquors*, to eat boiled *Meat*.

2. To cool our Bodies by exposing them to the Air, and wearing thin Cloaths ; to cool our Habitations by larger Windows and Doors ; to avoid going into the Air in the hottest times of the Day, and to Walk only in the Morning and Evening ; and to lie cool at Night. To use Cold Baths in the Summer.

3. Our Natural Reason teaches the Hot Countries the Use of Hot Thea's to promote the Sweats, whereby the Body is cooled, and the hot Vapors raised by excessive hot Air are evaporated : And for the same Reason all the hot Countries use temperate Warm Baths to promote their Sweat, to cleanse their Skin, and moisten their dry Bodies.

*Cum Stomachus domini fervet potuque ciboque
Frigidior Geticis petitur decocta pruinis.*

Juvenal. Satyr. 5.

The Luxury of the Hot Climates consists in using all the Methods mentioned to an excess; they surfeit their Bodies by eating immoderately of Fruits and Herbs, they cool their Fruits, Creams, and Wines to an unhealthful Temper by Ice; they stop their Sweats unseasonably by cold Air, by Fanning, Ventiducts, or Cold Baths. For all these Inconveniences depending on Cold in an excess, in the Hot Countries they use also Brandy-Spirits, Hot Tea's, High Sauces, with Garlick and Strong Pottages, whereby they correct the Injuries of Cold Diet, and by their Hot Baths they promote Perspiration necessary in Hot Countries.

That the contrary Errors are committed in Cold Countries will appear, by reflecting on their usual Regimen, which inclines them to the Use of hot things in excess.

In Cold Climates the Humours, *viz.* the Blood and Spirits, are naturally too much condensed and compressed by a heavier Atmosphere, and greater Cold, and the Serum is less evaporated. And in this State of

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Humours, Nature teaches us to use an attenuating hot Diet of Flesh-meats, acrid Herbs, fermented Liquors, strong Beer, or Wines ; we wear more Cloaths, use greater Fires, eat Roast-meats, use more Exercise, closer and lower Habitations ; and for our Diseases use Cold and Hot Baths. The great fear of too much coldness drives into an Excess in the use of hot things, to an Excess in Flesh-meats, High Sauces, Brandy Spirits, Fermented Liquors, too much Tabaco, Seasoned, Salt, Spiced and Sugared Meats, too much Tea's, Coffee and Chocolate.

2. To confine our selves in our warm Houses too much, to use too many Cloaths, to warm our Beds, to frequent hot Baths, soft Beds, hot Periwigs, perfumed Snuff.

All these Excesses in the Hot Regiment, are chiefly to be helped by a contrary Cold, and which contains these Particulars :

1. We must use a cooler Regimen of moderate warm Diet, Flesh-meats roasted once in a Day ; more moderate vinose Liquors, Beer of three or four Strike at Meals, and a thinner Diet at Break-fast and Supper, and all Liquors cold ; they who use Water for their ordinary Drink, have their Humours least rarified, and consequently are least subject to the Changes of the Weather.

ther. For hot Blood like boiled Water, is soonest froze or chilled ; and after Exercise we soonest take Cold. I will on this occasion mention the Advantages of Water-drinking : The Water-drinkers are temperate in their Actions, Prudent and Ingenious ; they live safe from those Diseases which affect the Head ; such are Apoplexies, Palsies, Pain, Blindness, Deafness, Gout, Convulsions, Trembling, Madness. The drinking Cold Water cures the following Diseases, the Hickup, *Fætor* of the Mouth, and of the whole Body. It resists Putrefaction, and cools burning Heats and Thirsts ; and after Dinner it helps Digestion ; and if the Diseases be very great, two or three Ounces of Water cooled with Ice, is sometimes given by Physicians.

If the Virtues of Cold Water be seriously considered, all Persons would value it as a great Medicine in the Cases mentioned, and in preventing the Stone, Gout, Asthma, and Hyſterick-fits ; and to the Use of this, Children ought to be bred from their Cradles, because all strong Liquors are injurious to the Constitution of Children, whose Spirits it inflames, and renders them Mad, Foolish, Rash, Tender, and Intemperate in their Passions.

2. The Use of Cold Air and Riding, or Walking much in it, cools the overheated Blood and Spirits, and renders the Constitution more strong; we ought not to warm our Beds constantly, nor wear too many Cloaths, which exhaust the Serum and Spirits; shaving the Head, and washing it with Water, prevents Defluxions. The old Writers prescribed an Exercise naked. The wearing of Flannels renders the Person very tender, and subject to the Changes of Weather, and too much Perspiration, and this Custom can never be changed without some great danger. Sitting constantly by the Fire, much smoaking Tabaco, constant use of hot Liquors, and hot Baths, make the Body subject to greater tenderness, and consequently to the Changes of Weather in Cold Countries. Down-beds are also very injurious.

2. Cold Baths are the chief means and most effectual in the Cold Regimen; nothing preserves the Body so well from the Injuries of Weather as Cold Bathing, which makes the Skin more dense and contracted, and consequently more insensible of the Changes of the Air, its cold and moisture; and we account that Skin the better which is insensible and hard, than the lax and thin, which loses all its Nutriment and Spirits

rits by too much Perspiration. I have known many endure well the Cold of the Winter after the use of Cold Baths, who always found their Bodies more tender after the Use of Hot Baths all the Winter following ; and the truth of this will appear by the Cures I shall relate of two tender Persons ; but I will first give these Remarks.

1. That as Hot Baths cure the Injuries of a Cold Regimen in Hot Countries, so Cold Baths Cure the diseased Alterations by a Hot Regimen in Cold Countries.

2. The usefulness of Cold Baths was found out in the *Northern* Countries, who generally fortify themselves against Cold Air by the Immersion of their Bodies into Cold Water; and to prevent the Mortifications of their Limbs, they rub the frozen Parts with Snow.

3. That Cold Baths and the Baptismal Ablution, are more improper for Hot Countries than the Cold, because in Hot Countries the Perspiration is very great, and necessary to prevent Fevers ; but in Cold Countries it is much less natural, and the ambient Cold Air disposes us not to Fevers so frequently, and Cold Water will produce greater horrors upon those Bodies

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which live in hot Airs, than those who are used to Cold Air. Which Observation fully refutes the common Opinion, that Cold Baths are only proper for Hot Countries, *Aegypt, Greece, Italy*, where the old Writers tell us it was commonly practised; but we must remember that *Hippocrates* knew *Scythia* as well as *Libya*, and that he might have the knowledge of Cold Baths from the *Northern*, as well as the Use of the Hot Baths from the *Southern* Climates. And what he has writ of Baths, is as what he says of his Prognosticks, true, both in *Scythia* and *Aethiopia*. And that he knew *Scythia*, is evident by the Description he gives of the Diseases of the *Scythians*, and of the Climate and People of that Country. Since we find that Cold Baths are not so convenient for the Hot Climates, we must not so much stand upon those nice Cautions which the *Greek* Writers have given about them, such as we find in *Galen*. 'Tis certain the *Romans* used Cold Baths with less fear, as we may observe in *Pliny* and *Celsus*; and I question not, but the farther Northward we examine the Use of Cold Baths, we shall find them more frequent, and the most common Practice for hardening their Skin against the excessive Cold of their Air. The *Northern* People use al-

so

to Hot Baths, but chiefly to cure the Diseases produced by extream Cold.

If it be objected, That Cold Baths by stopping the Pores, will retain all the Hot Vapours produced by an excessive Hot Regimen, but Hot Baths will more readily discuss them, I may answer, That Cold Baths will produce great Sweats, whereby those Vapours are discussed, and afterwards it compresses the rarified Humours, and contracts the relaxed Membranes, whereby the rarified Humours are restored to their natural Consistence, and the Fibres to the proper Tone. Where any diseased Humours are in any part stopt in their Circulation, or mixed with the Blood, it seems the most rational Method to Sweat at the first use of Cold Baths; but where there is no Evacuation of Humours necessary, Sweating is not proper after Cold Bathing, but only gentle Exercise or Friction.

4. The last Remark I shall make, is this, That since the Inconveniences of an excessive Hot Regimen in a Cold Climate, are produced by a very hot Diet, Strong Wines, High Sauces, Tabaco, Brandy, &c. and also by using our selves over tenderly in Cloaths, warm Beds, hot Rooms, &c. We must remove the External Causes of our Tenderness, and use a cool tempe-

rate Diet, cool Liquors, cold Air about us, as well as Cold Baths: for no perfect cure can be expected from Cold Baths, unless we avoid the Occasions of our Diseases; for if we continue any Excess in our Hot Regimen, that will again renew those Diseases the Cold Bath has cured. And I generally make this Observation, that where Cold Bathings are necessary for the Cure of a Disease, there drinking of Water is also necessary to prevent a Relapse into the same.

2. I will now give some Instances of the great Cures done by Cold Baths in England.

Mrs. *Bates* of *Asby de la Zouch* in *Leicestershire*, being above Fifty Years old, was esteemed by all her Neighbours Consumptive, because she coughed much, and had Rheumatick-pains near Twenty Years; the Pains made her Lame with a Sciatica, and she had a Numbness and Weakness in her Knee, so that she had little use of her Legs, but sat constantly near the Fire, covered with many Cloaths, and was so tender, that she durst not go into the Air abroad; she complained of a Pain in her Back, which she believed to be the Stone; and she had much Pain in her Breast, which she thought Cancerous.

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In the Year 1699. in the Summer she went to *Willowbridge* Cold Bath in *Staffordshire*, which is a very Cold Water, and feels smooth and oily, where she bathed constantly once in a Day, and drank many Glasses of that Water every Day, and she continued this Method for a Month. When she was in the Water up to the Neck, the sore Breast pained her very much the first time she went into the Water, but never afterwards; and upon the second time of going into the Bath, the Pain in the Hip fell into the Foot, and by the continuance of the Bathing it was perfectly cured, and never returned since; so that she now goes well, eats well, wears fewer Cloaths, and is cured of the Stone in her Kidneys, and the Swelling of her Breast, which was I believe a Milk Tumour, though it had continued in her Breast many Years: she yet continues the drinking of Water ever since. I had this account from her self; and this great Cure has occasioned the going of many to *Willowbridge* out of *Leicestershire*; and the whole Country can attest the Truth of this Relation. In the same County I met with a Cure as considerable as the former, done by the Cold Bath at *London*, and in 99. In June 1700. I waited on Mrs. *Wats* of *Leicester*, who very kindly enter-

entertained me with the Relation of her Disorders, and the manner of her Recovery, which I shall briefly describe thus :

She was troubled with continual Vomitings, and an Hyfterick Cholick, with wandering Pains in her Limbs and Head, with Convulsive Motions, and Violent Hyfterick-fits, with much Windiness in the Stomach and Belly, with continual Sweatings, loss of Appetite, and an excessive Tenderness, and a consumptive State of Body. Dr. *Hartop* of the same Town, thus describes her Indisposition in his Letter to me : Her Indisposition was a perpetual Chilness of Spirits, with Pains all over ; especially in the Teeth, from the least inclemency of Air, accompanied with Vapours, Faintness, &c. she tried all the usual Methods in vain ; such as Steel, the Cortex, Vomiting, Opiates ; and at last she went to *Bathe*, and continued there some time drinking the Waters, and Bathing ; but at last finding no benefit by any thing, she was advised by Dr. *Baynard* to use the Cold Bath in *London* ; about *Michaelmas* 99, she bathed there Two and Twenty times, within the space of a Month, she dipt her self under Water six or seven times every Morning, without staying in the Water any longer than the time of Immersion,

sion, and she came warm from her Bed to the Water ; by this Bathing the Skin contracted, and she was never very tender since, nor subject to Colds as before ; her Appetite and Strength returned, and she became more Plump than before ; all the Sweatings, Windiness, Pains, and Convulsions ceased. And Dr. *Hartop* assured me, That she was well recovered to the Admiration of the Country, to whom both her long Indisposition and wonderful Cure were well known ; and from many Hands I have had a sufficient Testimony of the same.

The same Ingenious Physician, Dr. *Hartop*, gave me another Relation of a Patient of his, Mrs. *Smith* of *Weston*, who constantly used to sit by the Fire, and she cloathed her self very warm ; she had much Tooth-ach and Rheumatick pains, and frequent Sweatings ; she was much worse by the use of the Hot Baths ; he therefore advised her to Cold Bathing, which she began by Bathing her Feet first, and then the rest of her Body ; and when she came forth of the Water, she walked about in her Cloaths, till she was warm. This Method she continued for a Month's time, and was perfectly recovered of her Tenderness.

1. By the first Case we may observe, That the Sciatica or Rheumatick-pains were relieved by Cold Baths ; therefore Cold Baths are proper in sify viscid Blood, which commonly appears of that kind in our Country People : and no disorder is more common in *England*, than Rheumatisms and Inflammations, which are occasioned by sify Blood.

2. In the same Case we may observe, That the Inflammation of the Kidneys was corrected by the Cold Bathing, which cools the Reins, and produces much Water ; and hereby 'tis proved, that in Salt Cacochymias, Cold Bathing is useful, which passes the salt Serum by Urine and Sweat.

3. By the first Cure we may observe, That the indurated Glands may be resolved by Cold Baths; by which it may rationally be inferred, That the Secretion through the Glands is promoted by Cold Baths. And what particular Virtue Cold Baths will have in the King's Evil and Scrofulous Glands, whether conglobate or conglomerate, or in those of the Mesentery, a farther Experience in Cold Bathing will shew. I have been credibly informed at *Willow-bridge*, that a Scirrhus Tumor upon the Hypochondria, was cured by the Cold Bathing in that Water.

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4. The great Tenderness of all the three Women above-mentioned, was cured by the Cold Baths, and their Appetite and Strength restored, and the Menses in one were helped; by which we may observe, how much Cold Baths help the Circulation of our Humours. And that I may farther confirm this Notion, I will mention the following Cure of a Varix with an Ulcer, at *Willowbridge*, which I had from Mr. *Hector*, an Eminent Chirurgeon in our Town. The varicous Ulcer was in the Leg, and Bled much; but both the Hæ-morrhage and Ulcer were cured by the long use of *Willowbridge* Bath, though it would not yield to any ordinary Methods. The Blood is congealed and grumous in all Varices, and the Blood-Vessels relaxed; but by Cold Bathing the Blood was restored to its Fluidity, and the Vessels to their due Tone, and the Ulcer cured by Cold Water; which I thought to be a very considerable Cure, and may give us a fair Hint of trying Cold Baths in the Polypous Concretions of Blood, both in the Blood-Vessels of the Lungs, and the Obstructions of the Hypochondria in Splenetick Persons, and in Dropsical Patients, who complain of great Pains in the Belly and Sides.

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5. In the second Case we have a Cure of the greatest Hysterick Case that could happen ; the Vomitings, Running Pain, the Fits of the Mother, and Convulsions, depended on a windy or fermenting Blood and Spirits. The Constitution of this Lady is very hot, her Spirits lively, her Stature low, and Body thin, and her Hair black ; all which are Sign of hot Humours. And by this Case we may observe, the Cure of all hot Windiness, which occasions Running-pains and Convulsions, is effectually performed by Cold Baths ; but I must not omit that she has eat many hundreds of Limons since, spitting out the Pulp, or else she squeezes them into Water ; and she uses Wine and Water for her constant Drink ; she found great benefit by the use of *Cream of Tartar*, $\mathfrak{z}\text{ss}$ or $\mathfrak{z}\text{j}$. in Water-Gruel for the Hysterick Vomiting. I mention these Particulars to shew, That it is requisite to use some cool Alteratives for the windy Cacochymia inwardly at the same time, and after the Use of Cold Baths.

I sent this Year a Hypochondriacal Patient to a Cold Bath, who complained much of Convulsive Beatings all over his Body ; and he informed me, that he found great benefit by it as to that Symptom, which depended on a windy state of Spirits.

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I have discoursed with an Asthmatick Person, who has had an habitual Asthma for many Years, and she informed me, That she went into St. *Winifred's* Well at *Holywell*, but once, and that her Asthmatick Dry Cough went off for some time, but at last returned again. I mention this here, because Asthma's depend on windy Inflat-ions, and are of a like Nature as the former Cases. And I find that *Cælius Aurelianus* commends the Psuchrolusia in that Disease : washing the Head is certainly useful against it.

6. I observe, that continual Sweats in the third Case were stopt by the Cold Baths, so that by them we both produce or stop Sweats. Immediately after Cold Baths, the Sweats are produced, if we commit the Patient to a warm Bed ; but a longer Use of Cold Baths stop all Evacuations. I find the old Physicians prescribed Cold Baths to stop the *Gonorrhæa simplex* ; the coldness of the Water contracts and strengthens all the Membranous Vessels, as well as cools the hot Humours. And Dr. *Baynard* gave me an Account of a Person cured of a Rupture by the Cold Bath at *London*, which must be effected by the contracting of the relaxed *Peritonæum* ; and by this Cure we may be directed to try the Virtue of Cold Baths

Baths in the *Procidentia Uteri & Ani*, and in the Tumours of the Hæmorrhoids.

7. In the first Case I observe, That the Numbness, Weakness, and Stiffness of the Limbs was cured by Cold Bathing: by which we may apprehend that Cold Baths restore the Animal Spirits and the Blood, to their usual Motion in Paralytick Obstructions, and strengthen the Tone of the Nerves. And as a farther Proof hereof, I will again mention a Letter of Dr. *Baynard's* to me, in which he assures me, That a Deafness was cured by the Cold Bath at *London*. I have not yet heard, whether Cold Baths have been tried in the *Gutta Serena*, which seems as likely as the curing of a Deafness, and a loss of Speech, which was done by the same Doctor in a young Boy at *Bath*, as Dr. *Gold* his Father informed me. But I shall fully prove the Effects of Cold Baths in Paralytick Resolutions, by the following Letters, which I received from a Reverend and Ingenious Divine, Dr. *Nath. Ellison*, in Answer to some Inquiries I sent him, about the cure of the Rickets in his Children by St. *Mungo's* Well.

Honoured

Newcastle, Jan. 25th, 170^o.

Honoured Sir,

I Would have returned a speedier Answer to your Letter, but I was in hopes our Physicians here would have drawn up their Thoughts in Answer to your Inquiries, about the Use and Success of Cold Baths among us. But they being detained by Business, you must be contented at present with my Relation of the Matter, which is what I know to be commonly practised, and the Success of which I have experienced in my own Family.

Nothing is more common in this Country, and proves more generally successful for the preventing or curing of Rickets, than to send Children of a Year old and upwards, to St. Bede's, Honwick, or St. Mungo's Wells, (which are extream Cold Springs) and in the Months of June and July, to dip them in the Evening for a fortnight or longer, intermitting a Day or two, or more, in the whole, if the Child be very Weak.

Some Dip them twice or thrice over Head and Ears with their Shifts and Night-Caps on, giving them a little time to Breath between each Immersion. Others Dip them no farther than the Neck, (because the Water is

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apt

apt to stop their Breath) and Dip their Night-Caps thoroughly, and put them Wet upon their Heads. Others (where the Well is not Capacious enough) content themselves to put the Children into a Tub of Water, gathered from the Spring, and Dash the Water upon them over Head and Ears. All which Immersions are to be dispatch'd as quickly as may be, that so the Child may not continue any longer in the Water than is necessary, that is, till his Body, and Shift, and Night-Cap be thoroughly Wet. Others out of Tenderness to the Child, or in Regard to the Child's Weakness, content themselves with Dipping only the Shirt and Night-Cap in Water, and put them on Wet upon him.

As soon as the Children are dipp'd, they with their wet Cloaths on are wrapt up in warm Blankets over their Head and whole Body, and put immediately to Bed, which instantly puts them into a violent Sweat. In this Condition they lie all Night, till towards Morning the Cloaths are taken off by degrees, that so they may cool gradually, and in the Morning they have dry Shirts and Head-Cloaths put on; the same Shift and Night-Cap in which they are dipp'd, are us'd all the time of their Dipping, and are only dry'd.

The Children in three Minutes time recover themselves of the Fright which Dipping puts them into; and though for the present they may be weaker, (having exhausted their Spirits by violent Sweats) yet they recover their Strength gradatim by the help of strengthening Gellies of Harts-Horn, Calves-Feet, &c. in-somuch, that about the Fall of the Leaf they are either perfectly recovered or sensibly better. If one Years dipping proves not successful, 'tis repeated the next Year, which generally answers Expectation.

There's no discernable Alteration, either in their Urine, Stool, or Colour of their Skin, nor any preparative or subsequent Purgatives used, nor any other Cordials given, except a Spoonful of Sack immediately before and after Dipping, if Children will take it; nor are they debarr'd their usual Diet or Play: only care must be taken to keep their Necks warm to secure them from catching Cold.

Sir, If you will try the same Experiment with you, I doubt not but you will find the like good Effect, if you have Springs so Cold by Nature as some of ours are, or can make them so by Art. I can assure you, That I have had Four Children of my own dipp'd with very good Success. I never heard that any Children who had only the Rickets, dy'd of Dipping,

ping, and few or none but found great benefit by it.

This Account is not Exact enough to appear in Print without your very severe Corrections. If you will put it into a more agreeable Dress, I will Answer for the Truth of the Relation; who am,

S I R,

Your very Affectionate Friend,

and Humble Servant,

N. Ellison.

Honoured

Newcastle, Febr. 4. 170^o.

Honoured Sir,

Since my last, I received this following Account of St. Mongah's and Honwick Wells, from Dr. Th. Davison, lately Fellow of St. John's College, Cambridge, who is lately come to Reside among us.

1st, The People that resort to these two Places come to be cur'd of fix'd Pains, whether in the Joints or Muscles, whether with or without Tumour; and for such as come upon long Rheumatism and Quartans, as well as Strains and Bruises, the Rickets, and all Weakness of the Nerves, whether Universal, or of any particular Member.

2^{dly}, They are immersed at all Ages, viz. from Six Months old to Eighty Years. Children are twice or thrice dipped in, and presently taken out again; and while they are in, the officious Women at the Well are active in rubbing their Backs, or the maimed Parts; but this seems only for Form. Adult People stay in a quarter, or near half an Hour.

3^{dly}, They use no preparative Physick, nor observe any Diet before nor afterwards, but a Draught of warm Ale or Sack to comfort them after they come out.

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4^{thly},

4thly, The distemper'd People go to Bed afterwards, and Sweat for two Hours or more. But the Healthful that go in for Pleasure, put on their Cloaths, and go to their Business or Diversion.

5thly, The Healthful immediately after coming out find a great warmth all over, and would probably Sweat as much as the Sick if they went to Bed upon it. They find themselves after Bathing much more nimble, and their Joints more pliant.

6thly, The People use these two Wells promiscuously for the Distempers above-mentioned, and with equal Success; though Honwick is a Mineral, and the other is not, which makes me believe, that 'tis to the same Cause, viz. their Coldness, and not any other Quality, that the Cures are owing.

7thly, St. Mongah's has no manner of Sign of a Mineral; whereas Honwick tinges the Sides of the Well, and being drunk, Purges gently by Stool, but more by Urine, and is of the same Nature with Astrop. The Well is so little, that they are forc'd to take it up in Pitchers, till they fill a Vessel large enough to Bath in.

8thly, They Bath every Day, or twice a Day, for a Fortnight or Month, as their strength will bear, and as their Distemper requires more or less Bathing.

Sir,

Sir, If in any thing else I can serve you,
you may Command,

Honoured Sir,

Your most humble Servant,

N. Ellison.

The Remarks I shall make on these two
Letters ; are,

1. That all Obstructions in the Nerves
may be cured by the Cold Baths ; therefore
not only the Rickets, but all other Species
of the Palsy may be cured by the same ;
Deafness, Blindness, loss of Taste, Smell,
loss of Appetite, weakness in Swallowing,
Venus Languida, Incontinence of Urine and
Stool, Hemiplegias, and Distortion of the
Mouth by a Palsy, and any particular
Weakness in the Motion of any Muscle, as
well as loss of Speech.

2. The Northern Practice directs us to
Sweat after Cold Bathing in all Obstruc-
tions of the Nerves ; by which the sily Se-
rum, which obstructs the Nerves, is evacu-
ated, and the Motion of the Spirits is pro-
moted

moted by first compressing them, and giving them an Irritation, when they exert their natural Elasticity.

3. That if we can Cure the Obstructions in the Nerves by Cold Baths, Obstructions in the Blood-Vessels are much easier to be relieved, *viz.* Pains, Tumours, Inflammations, Coagulations of Blood after Bruises, and these depending on fizy Serum in greater quantity, require also more Sweating after Cold Bathing.

4. Cold Baths agree with Children, because they are naturally very hot, and subject to Fevers, Pains, Scabs, Swellings, Convulsions, for which also Cold Baths are useful.

3. I will lastly consider in what Diseases we may most conveniently use Cold Baths, and for which they are improper; and subjoyn some Remarks, both on the proper Season for them, and some Cautions in the use of them. As Hot Baths agree best with the Cold Constitutions, and Cacochymias, so Cold Baths are most proper for all the Hot Tempers; for young Persons above Twenty-five, for People of a lively Spirit.

1. Cold Baths agree with the bilious Tempers, and Diseases which depend on the
Blood

Blood or Animal Spirits over-rarified in the hot Scurvey.

2. With the windy Constitutions, as appears by the benefit the Hypochondriacal and Hysterick receive by them, as well as the Asthmatick and all Nervous Pains.

3. With the Salt Tempers and Diseases depending on Saltness of Blood, as is proved by the Diseases of the Kidneys, and the Gout, in which Cold Baths have great Effects, in curing the Pains both of the Stone and Gout.

4. The viscid Temper of Humours requires also Cold Baths, as is evident in curing the Rheumatick-pains.

5. The putrid State of Humours require also Cold Bathing. I once sent a Woman to *Willowbridge*, who had great benefit by it for her Leprous Scurfs by Bathing some Weeks there, and by drinking the Water.

2. *Galen* cured Hecticks, Ephemera's, by Cold Baths ; and he prescribes them in putrid Fevers, without any Inflammation of the *Viscera*, in the height of the Fever, after the appearance of Concoction in the Urine in young People, and in the Summer-time ; and the like good Success happened to a Woman in a Fever at *Aldermas*, who by leaping into a Well, was immediately relieved,

relieved, and had both her Fever and Delirium cured by it. *Galen* observes, That the feverish by going into Cold Water, either Purge or Sweat, by which a Crisis is made, as well as by drinking Water at the same time of the Fever.

The *Hydrophobia* requires Cold Baths, and that has been practised in all Ages for it. *Americus Vesputius* relates the manner of the *Americans* in curing their Fevers. When it is come to the height, they Immerse themselves into Cold Water, and after run about a hot Fire till they Sweat and Sleep.

3. *Oribasius* lived long after *Galen*, and no Physician ever prescribed Cold Baths with so much assurance as he at all Seasons. He commends them (by a Quotation out of *Herodotus*, *De aquis sponte nascentibus*) for Defluxions, for Distempers of the Bladder, for Pains of the Head, and malignant Ulcers; and for these Diseases the Patient is advised to stay in the Water but a little at first, *viz.* half an Hour, and so increase to two Hours, if the Pains require it; but we must be more cautious, and stay in the Cold Bath but little at first, and no longer than we can well bear it at any time, 3, 5, 7, or 9 Minutes.

Oribasius quotes what *Galen* has writ, concerning the Preservation of Health by Cold Baths; and many other curious Observations out of *Agathinus*, concerning Cold Baths, which deserve to be known by all; and for that end I have translated *Agathinus's* Words, *They who desire to pass the short time of Life in good Health, ought often to use Cold Bathing; for I can scarce express in Words how much benefit may be had by Cold Baths; for they who use them, although almost spent with Old Age, have a strong and compact Flesh, and a florid Colour in their Face, and they are very Active and Strong, and their Appetites and Digestions are vigorous, and their Senses are perfect and exact; and in one Word, they have all their natural Actions well performed.* By these particulars we may easily discern how much the Cold Bath preserves our Healths, and by the contrary Effects how much Hot Baths prejudice our Bodies, by making the Flesh loose and flaccid, the Colour ill, the Nerves weak, and they destroy the Appetite.

Agathinus mentions the Custom amongst the barbarous Nations (by which he means the Northern Nations, the Germans, English, and Scythians, (that it was their Custom to put their Children every Day into Cold Water;

Water ; whilst others boiled them in Hot Baths, by which they became subject to Convulsions ; (by this Observation we are instructed how to prevent Convulsions by Immersing them in Cold Water at their Baptism, and every Day by washing them all over, till they are three Quarters of a Year old) he advises Cold Baths to all Boys after their Infancy, though *Galen* used it not till the 25th Year.

Galen advises the beginning of Cold Bathing by them who are not used to it, to be in Hot Weather ; but *Agathinus* says, It may be begun at any time of the Year without any Danger, as he has observed many to do ; and if any difference be made, he would prefer the Spring. The usual Caution he gives, as well as *Galen* and *Herodotus*, is to use Cold Baths when the Stomach is empty, and to warm our selves with moderate Exercise before our going into the Cold Water. The best time for going into the Cold Water, he says, is about Dinner time, neither sooner nor later. He advises to put off the Cloaths in the Sun, where no Winds blow ; and if a Rigour seize him, to Cloath again and walk, or else to use Friction with his own Hands, to anoint moderately with Oyl ; by which if the Body be warmed, it is sufficiently prepa-

prepared for a Cold Bath, into which he must descend suddenly.

He advises, That the Cold Water should neither be froze, nor of a Coldness too remiss, for this does more Injury than the other; and he prefers the use of Sea-water for the first Cold Baths, which has coldness enough, and some warmth from the Saltness. He advises to go in at the same time thrice, at first with a little rubbing, after to rub much and anoint, and go in again, and to continue their Swimming longer than at the first time, and then to return to the Friction and Anointing, and after to go in a third time; and if he stays but a small time, to place the Head and Stomach under the Aqueducts, or else to have many Vessels full of Water poured on him, (and this is the *κατάκλισμα* or *κατάχυσις*, to which *Hippocrates* attributes the same Virtue as we find in Cold Baths) and after all moderately to be rubbed with Oyl, not to relax too much; after to rub the Body with a Strigil, till it is moderately red, by which the Body is strengthened and made smooth. He observes, That though we have eat, we may use it upon the account of extream Heats and Burning; and that he himself in extream Heats, did use Cold Baths after Supper to procure Sleep,

Sleep, by which he procured a pleasant Night's Rest. He advises us to stop the Ears, which Parts suffer Injury by Cold Baths, which *Agathinus* wonders at, since Cold Baths are more useful than any other Regimen for Preservation of our Health.

I have here mentioned most of the Cautions prescribed by the Ancients, the rest I will quote from *Galen*, who prepared the Patient for Cold Baths, by putting them into the Hot first; on the North side of their Baths the *Romans* had their *Piscina*, which were called by the *Greeks*, πολυμύη-
ρες, and sometimes βαπτιστήρια, and these received Cold Water from some Spring, and in these they did Swim after their Exercise. *Galen* thought Cold Baths injurious to Old Men, and Children; thin Habits in the Winter, and to those who were not accustomed to them, and after eating; but Experience shews these Cautions needless. Old Men have experienced them when above Sixty. Springs being warmer in Winter than Summer, they may be used then, as in Sir H. C's Case. We have tried them in Children sufficiently in curing their Rickets, and in thin Hysterick Women, and Hypochondriacal Men, and they have assured me, that they became more fleshy thereby. An Old Man at *Ashby de la Zouch*,
of

of Seventy Years old, who had a Pain in his Back, and Lameness, used *Willowbridge* Bath, by which he was cured the first Year, and when the same Infirmary returned, he used the same a second Year, and was wonderfully relieved by it.

The old Friction may be useful, if the Body be very cold, both before and after Bathing; and to prevent any Inconveniences, the Patient ought at first only to dip two or three times, and not to stay in the Cold Water. If we prescribe Sweating after the first Bathing, we shall thereby discuss all the Hot Vapours produced by those Hot Cacochymias, which require Cold Baths, and have thereby the same advantages as they who use Hot Baths before the Cold. As to the Unction used by the Ancients, that may relax the Skin dried and shriveled by Cold Air and Cold Water, as well as by Hot Air in Hot Countries, and Hot Water. This was the Practice of the Old *Britains*, to Paint themselves when they went naked. And *Hippocrates* advises to anoint towards Autumn and Winter to defend our Bodies from the Cold. But in this present Age the *Northern* People only dip themselves in Water, to harden their Skins, and to strengthen the whole Body without any Friction or Anointing, but

but they use Exercise afterwards to warm them.

They who have a weak Heat, and are much decayed, must not venture on Cold Baths; nor they who are intemperate, and have Eat or Drank extraordinarily, because the Distribution and Consumption of an abundant Chyle being stopt, it must occasion Fevers or Defluxions.

If the Spirits be sunk by Looseness, Vomiting, Venery, Watching, or any other Evacuation, we cannot well bear the Cold Baths; our Spirits being weak, will be overcome by its Chilness.

In the Fits of the Gout, Epilepsy, and in Inflammations of the Lungs, in the beginning of putrid Fevers, Iliac Passions, and in the Gripes, and during any Defluxion, Cold Baths are improper, for they hinder Expectoration, repel Pains, promote the present Defluxions and Fluxes, and Pains; but when these Acute Diseases, or Chronical Pains and Defluxions are ended, 'tis certain that Gout-pains are prevented by Cold Baths, and using to wash the Feet.

Augustus was cured of his Defluxions, as *Suetonius* relates, by Cold Baths; and Cold Baths as well as Water-drinking, prevent all Inflammations, Pains, and Effervescencies

vescencies of Humours, on which Defluxions depend.

Ætius commends Cold Baths for Lassitudes in ill Habits of Body used at certain intervals. And he advises them, who are burnt by the extream Heat of the Sun, to use a Perfusion of Cold Water all over.

4. Most Evacuations depend on Effervescencies, and Defluxions of Humours: too much Evacuation by Sweats or Perspiration in the *Boulimia canina*, are cured by Cold Baths, as *Ætius* advises, who also commends Cold Baths for the *Catamenia* too abundant, as well as the Whites, and *Pollutio nocturna*, and Simple *Gonorrhæa*. Though the External Perfusions stop the Menses and Hæmorrhagies; yet Cold Baths affect the Head, and move the Blood too much to stop Hæmorrhagies, but they rather increase them. To prevent the Pain of the Head, occasioned at first by Cold Baths, they lay a wet Cloath on that Part, or wash it first.

5. *Cælius Aurelianus* quotes the Greeks for curing the Head-ach by the *Pseuchrolusia*: and the reason of that Cure is evident, because a *Hemicrania* is a Species of Rheumatism; and in the *Sciatica*, running Scorbutick-pains, and Pains of the Shoulders, Cold Baths have certain Effects.

Hypochondriack-pains, Gout-pain, Strangury, Nephritick-pains, Convulsive-pains, Hysterick-pains, are all cured by Cold Baths. For which I may quote *Hippocrates's Aphorisms*, *Lib. x.* Cold Water largely poured on the Part affected, cures Swellings, and Pains in the Joints, if without Ulcers; and also the Gout-pains, and Convulsions, all which it eases, and diminishes the Tumours, and takes away the Pains, for it occasions a Stupor which eases Pain.

Hippocrates also advises Cold Water in Inflammations, and Heat with redness from fresh Blood; and he declares, that Cold Water hinders any Pain from ripening.

I have mentioned the great Effects Cold Baths have in rarified hot Bloods in the hot Cacochymias, in Fevers, Defluxions, Pains, Inflammations, and some Evacuations of Humours. And I shall next give a Catalogue of the Effects Cold Baths have in Nervous Diseases, which are very much relieved by them, because the Animal Spirits are too much rarified in such Distempers. But as to the great Effects which Cold Baths have in curing Paralytick Obstructions, I have sufficiently described them already. I can only add a remarkable Pas-

sage in *Hippocrates*, in his Book about Virgins, concerning the Nature and Cure of a Torpor or Stupidity of the Limbs, which is produced by forcing the Blood and Spirits to stand in the part by an External Compression ; but he describes it by forcing the Blood from the Hips and Thighs into the Legs and Feet ; and by this Torpor an Impotency to Motion is occasioned, till the Blood return to the same place, which he says will soon return, if any one stand in Cold Water above the Ancles. By this Quotation 'tis evident, That *Hippocrates* never knew the Nature of the Circulation, but he well apprehended that the Blood had a Motion given it by Cold Water ; but what he imputes to the Blood, is due to the Nerves also, which being compressed, produce both the Torpor and Palsy, which differ only in degree : and that both these were cured by Cold Baths, is very evident by the Book of Liquids, in which *Hippocrates* commends Cold Baths for Paraplegies, Lameness, Stupors, (*vaguel*) and loss of Speech. By this Cure of external Stupors, as *Hippocrates* directs, *ἐν ἐκτὸς ὀλιγώτρῳ*, 'twas easy to infer, That all inward Stupors, such as are those of the Hysterick and Hypochondriack, were cured by the same Method, viz. by Cold Baths.

Baths : And of the highest degree of these, *Hippocrates* Treats, in which are great Fevers, *Deliria*, Appearances of Dæmons, Suffocations both in Men and Women. In Cold Countries the Extremities of the Body grow Stiff and Torpid by Cold, and if they apply hot things, or come near the Fire, the Nose, Ears, Hands, or Feet, are apt to fall off; to prevent this Mortification, the *Polanders* and *Russians* before they warm themselves, put their Torpid and Frozen Parts into Cold Water, which Experience, and not any Learning has taught them, to Cure the Injuries of extream Cold Air, as well as to fortifie their Bodies thereby against the Sense of it. And Mr. *Boyle* observes, That frozen Eggs will Thaw faster in Cold Water than in the open Air; from which Experiment we may conclude, that Cold Baths may safely be used in Winter, to cure congealed Humours, or too much coldness of our Bodies. An Excess in Cold Baths is certainly injurious; for *Galen* tells us, That *Alexander the Great*, whilst he washed himself in the Summer-time in the River *Cydnus* in *Cilicia*, was seized with a Convulsion, Tremor, and Torpor. And in after Ages, *Frederick Oenobarbus*, the Emperor, died by Washing

Lib. 1. Of Pro-
catarrhick-
Causes.

ing in the same Water. These misfortunes in the Use of Cold Baths, may be attributed to those Emperors using of Cold Baths when Hot, or after great Surfeits, or their staying in them too long ; but that this Water of *Cydnus* might be used with great benefit, *Strabo* affirms, who says, *Georgic. XIV.* That the Water of it was very Cold and Rough, and that it was very beneficial in curing the Gout, and that it helped the thick Humours, which possessed the Nerves, both in Brutes and Men. The same truth *Vitruvius* and *Pliny* afterwards confirm, and assure us, that the same Water being poured plentifully on the Gouty, immediately eases that Pain.

There is a dangerous Practice at *Willow-bridge*, of which I have heard some Patients complain : they wear the wet Shirts, in which they bathed, all Day afterwards, by which some were over-chilled ; but I have heard others, that were more strong, who bore that Practice without any injury, as they informed me. The Instances I shall give of Cures done in the Diseases depending on rarified Spirits, are in Watching, and the several kinds of *Deliria*.

I have given *Agathinus's* Experience, That Cold Baths will procure good Rest,
L. 3. and

and the same Effect we observe after Bathing in Rivers,

Ter undus
Transnanto Tyberim somno quibus est opus alto.
 Horace lib. 2. Ser. Satyr. 1.

and if thereby rest can be procured, the Cold Bath will prove useful in curing Madness, wherein that is always wanting. *Mercurialis* informs us, That he cured a Woman of a *Furor uterinus*, in which they oft drown themselves, by a Cold Bath; and he describes it thus, *Est appetitus venereus cum uteri ardore & delirio; de venere loquuntur, & tanquam furie quædam agitantur.* I once discoursed with Dr. *Tyson*, about curing Madness by Cold Baths; and he informed me, That he had used it successfully in a Woman who designed to drown her self. *Celsus* advises for curing the Madness called *Hydrophobia*, to throw the Person into a Pond, that he may be forced to Drink; and we commonly in *England* send Persons bit by a Mad-dog to Bathe in the Cold Water of the Sea, which cools and purges.

I have been informed of a Phrenetick Fever which was cured by Bathing the Head with Cold Water. And there are
 some

some Authors, who advise the putting them into Water.

Not only shaving the Head, but moderately Bathing of it, may be useful to the Maniack, and the fomenting the Head with Vinegar and Water, was practised by some Physicians; and since Cold Baths Cool, Sweat, and cause Rest, they seem a true Specifick for the Maniack, which farther Experience may fully confirm. I have met with some Instances of Persons in the Small Pox, who cured their Frenzy by leaping into Cold Water.

2. All the Hot Windiness of the Spirits require Cold Baths, such are those of the Epileptick Vertigo, Convulsions, Hysterick or Hypochondriack Suffocations, Palpitation of the Heart, *Chorea Sancti Viti*, Chincough, Hiccough.

I have given a Case out of *Hippocrates*, to prove Cold Baths to be useful to the Hypochondriack: And one of the Cures mentioned above, was in an Hysterick Woman. As to Convulsions, or Sprains, *Hippocrates* in his Aphorisms mentions *παράματα* as some of the Diseases for which we ought to use Cold Baths.

Cælius Aurelianus prescribes Swimming in Cold Water to prevent the Epilepsy; and though he dislikes the fomenting the

L 4

Head

Head with Vinegar and Water ; yet he says, other Sects used it in the Fit : but since Wine, hot Diet, hot Baths, fetid Smells, occasion the Fits of the Epilepsy, we may rationally try their contraries, cool Diet, Water-drinking, washing the Head with Cold Water, or the old *Posca* to prevent the Fits.

For the *Vertigo*, the Learned *Baccius* advises, *Caput frigida aqua perfundant ; his vero qui valde calidum caput habent, etiam rosaceum cum aceto adhibendum, ipsumque ex sali entibus aquis in balneo frigefacere, vel ex vase perfundere expedit.*

3. All the Inflations of the nervous Parts require Cold Bathing, such are the Asthma, Tympany, *Priapismus*, *Incubus*, Inflations of the Stomach, and the *Uterus*, and flutulent Tumours of the External Parts ; these Diseases are produced by a hot rarified Spirit, and are easily relieved by Cold Bathing, which compresses the rarified windy Spirits.

Cælius Aurelianus commends the use of natural Waters in the Asthma, such as in *Italy* were called the *Cutiliæ* or *Albulæ* ; and advises the *Cataclysmus* of them upon the Parts affected. He commends the Sea-water, or the *consuetudo frigidi lavacri, quam pseuchrolusiam appellant.* I am certain

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no Hot Regimen can be proper for the Asthma, but the Cold is very useful, viz. to drink Water in a Morning, to shave oft, and wash the Head every Morning, and a Cold Bath once in a Month or fourteen Days.

As to the *Onirogonon*, *Cælius* commends the *Pseuchrolusia* for it : And in the *Priapismus*, he advises the same Method as in the Diseases of the Bladder, which are to Drink and Wash in the *Albula*, which hath the Stypticity of Alum ; but in the Diseases of the Stone, he advises to use either Salt, or nitrous Water, *quæ potandæ, & lavacro adhibendæ*.

For the Tympany, *Cælius* advises thus, *Adhibenda natatio maritima, vel aquarum naturalium* : He esteems it a Species of the Diseases depending on an *Empneumatosis* ; and in this Case he advises Sweating also, which may be effected after Cold Bathing, and is proper in all Cases in which the Serum abounds.

Cold Water poured largely upon any part affected with a *Tetanus* cures it ; therefore Cold Baths are useful in the same Case ; and in the Gout, and other Pains there is an Inflation of the Membranes, for which Cold Baths are proper.

Seneca, as appears by his 56th Epistle, was subject to the *Asthma*, which he calls *Suspirium*, for which he used a Gestation for his Exercise, *cum ex aliqua causa spiritus densior erat*. He describes it thus, *Brevis valde & procellæ similis impetus est, intra horam fere desinit, aliud quicquid est egrotare, hoc animam agere*. And 'tis very probable that he used Cold Bathing for it, Epist. 54. *Memor artificii mei veteris mitto me in mare, quomodo pseuchrolutum decet gausapatus*. See Epist. 83. *Ab hac fatigatione magis quam exercitatione in frigidam descendi*. By this Instance 'tis plainly proved, that *Astmaticks* used Cold Baths in Italy, where *Cælius Aurelianus*, or *Soranus*, advised their *Pseuchrolustia*.

Baccius commends Cold Baths against the Poyson of the Juice of Mandrake, which has an opiate Faculty: and this hint ought to excite Physicians to inquire how far, and on what account Cold Baths can help the Poison of Opiates.

In Sleep, the Spirits return inward to the *Prima via*, to help Digestion and the Peristaltick Motion; they also leave the Exterior Muscles, Membranes, and Senses, to supply a greater vigour to the Muscle of the Heart, whereby Nutrition and Distribution of the new Chyle, and Sanguification

is very much promoted ; the respiratory Organs then also have their Motion continued in Sleep, because they also promote the motion and mixture of our Humours. The Effects then of all Opiates, must be to draw the Animal Spirits from the External Senses and Parts into the inward Nerves, to promote the Peristaltick Motion, the Pulsation of the Heart, and Respiration. 'Tis certain, that the immediate Effects of Opiates are first in the Stomach, and vomiting them up immediately cures them ; and 'tis as certain, that Opiates work on the Stomach by their nauseous Bitterness, and Acrimony, and Fetid Smell ; this nauseous Taste gives a purging Faculty to *Solanum Lignosum*, Tabaco, *Mirabile Peruvianum*, and after the stupifying Effects of the Opiates are over, they oft vomit in the Morning, which is occasioned by the nauseous Bitterness, (Opiates being slimy as well as bitter) and the Fœtor and the Acrimony of the Opiate passes into the Nerves, which are next to it, viz. those of the Stomach, Heart, and Diaphragm, which are about the Mouth of the Stomach, and in them they cause a pleasant Sensation, which as Dr. Jones has ingeniously described in his *Mystery of Opiates*, causes a Relaxation of the Exterior Parts and Senses.

ses. That this Sensation may be imputed to a Delirium is probable, because all Opiates in great Doses produce such Effects; for such is the Effect of *Cicuta*, *Henbane*, Poppy in hot Constitutions, and *Solanum furiosum*, and Mandrake. And *Hippocrates* tells us, That they who are hurt in any Part, and feel no Pain, are certainly distempered in their Minds, and the Insensibility of Pain, Thirst, and Evacuations, are the known Effects of Opiates.

Mandrake is described to be nauseously Bitter and Fetid, which produces a Foetor in the Body, Madness, intolerable Itching and Burning in the Skin, Red Eyes, Tumid Face, Driness in the Mouth, Sadness, Dulness, Languor; these Symptoms may be relieved by Cold Baths, which promote the Perspiration of the Foetor, and excite the Stupidity by affecting violently the outward Senses; they cool the Itching and Burning in the Skin, the inflamed Eyes, the nauseousness of the Stomach, and sleepy Langour of Spirits; and this Effect ought to oblige us to inquire farther, how far Cold Baths may be proper for sleepy Diseases, of which kind the Apoplexy, Lethargy, and *Incubus* may be reckoned, and the Sleepiness preceding Fits of the Mother, and other Convulsions. If the Apoplexy,

plexy, Palsy, and Lethargy have Rheumatick Blood, and very Sizzy, upon that account Cold Baths after sufficient Evacuation by Bleeding, Vomiting, Purging, may excite the Stupid, and promote the Motion both of Viscid Spirits and Sizzy Blood : And 'tis not to be thought a Paradox, that Cold Baths should be proper for the Apoplexy, since 'tis so useful for the Palsy, and Cures certainly all the Species of it, which are mentioned above ; to which may be added, the Palsy of the Eyes, the Flux of Tears, Weakness of the Lips, *Lapsus Seminis*, *Atrophia Nervina*, Palsy of the Diaphragm, Lungs, Guts, *Oesophagus*, Stomach, *Penis*, and prevents sudden Death, which *Hippocrates* calls the Palsy of the Heart. 'Tis obvious to argue, if Cold Baths can Cure all these Effects of an Apoplexy, which we call different Species of the Palsies, why may we not believe they may Cure the Stupor in the Head and Limbs ? *Cælius* very much commends the *Albulæ*, which are Cold Waters, and Swimming in the Sea for all Palsies. 'Tis certain, That Hot Baths when used by young, or Hot Paralyticks, oft occasion a new Fit of the Apoplexy. The Sea-men cure their Sailors by throwing them into the Sea when they are Dead-drunk, which

which excites their stupid Senses, and makes them very Sober. The drowsiness in Apoplexies is from Stagnation of the Blood ; but in Drunkenness and Convulsions, from the filling the Nerves with Serum ; and in both these Cases Cold Baths may be useful, because they cause the Stagnating Blood to move ; and they prevent Defluxion through the Nerves, which happen in Asthma's, Hysterick Fits, Convulsions, at which time the Sleepiness oppresses the Spirits. At the end of all Defluxions, *Cælius* advises the change of the Air, and the use of Common Water to Drink, and to foment the Head ; And since all Hot Baths, Hot Wines, Hot Fumes, produce Defluxions, and increase them, it seems very rational, That Cold Baths as well as washing the Head will prevent them. In all Catarrhs the Rheum is pushed through the Glands, about the Mouth, Throat, Head, Neck, and washing the Head prevents the Defluxion of Serum that way by constraining the Glands. And for this Effect I can rely on *Celsus*, as well as common Experience, which assures us, That Hot Baths weaken the Head, and that Cold Water strengthens it : Defluxions depend on Effervescencies, Ephemeræ or Putrid Fevers. And *Galen* has observed that what Fevers are cured by
Bath-

Bathing, are cured rather by the help of cold Washing, than by the hot temperate Baths, or after these the Feverish ought to descend into the Cold Baths.

Paulus advises Cold Baths for the Dimness of Sight, which depends on a Defluxion through the Nerves; and if the Eyes be opened in the Water, he says, they will be considerably strengthened thereby.

Cælius blames *Diocles* for recommending the *Pseuchrolusia* in the Ulcer of the Lungs, which though it cannot be cured thereby, yet the Hæctick may be helped in some measure; and Cold Baths will prevent Imposthumations, and the Tumours which preceed the Phthisick, after due Evacuati-
ons, and mixed with the method for curing Defluxions. The reason why they are not good for the Tabid, is, because they will hinder Expectoration, and promote Looseness.

Cælius advises, after the Cure of Spitting Blood, *Ineunda Consuetudo frigidi lavacri*; therefore Cold Bathing will prevent all Hæmorrhagies.

Cælius commends Cold Baths for preventing the Gout, such as the *Cotiliæ* and *Albulæ*, in Italy, *Dabit enim aliis integram sanitatem, aliis raram doloris admonitionem.*

The old *Athletæ* bathed in Cold Water oft, to prevent any unchast Desires, they being generally forbid the use of Women, and the same is proper for natural Pollutions.

All Inflammatory Pains which depend on fizy Blood, such as those of the Rheumatism, Pains of the Ears, Eyes, Limbs, Teeth, Head, are certainly relieved by Cold Baths.

All Pains depending on Salt or Corrosive Humours, such as the Gout, Stone, Strangury, are relieved by Cold Baths: the Pains of the King's Evil and Cancer, have not yet been tried.

Celsus commends Cold Baths for the Jaundice in Summer, so that we may by this observe, how much they promote the Secretion of Humours through the Glands.

Seneca informs us, That the *Romans* washed their Legs and Arms every Day, but they washed their Body all over only on their *Nundinæ*, which was every ninth Day: and this Custom we may well imitate, because of the Changes of the Moon happening once in fourteen Days. By this ninth Days washing in the Summer time, all Defluxions of Humours, and other Alterations depending on the Moon will be prevented, especially if we wash every day the
Head;

Head, as well as the Arms and Legs, the Body will be thereby kept very cool.

The Spring used at *Rome*, was that called *Virgo*, which was very Cold, and in that they bathed after hot Baths, or moderate Exercise.

Virgine vis sola lotus abire domum.

I find in Dr. *Leigh's* History of *Lancashire*, some Passages relating to Cures done by Cold Baths: I think my self (and all our Country also is) obliged to him for them and many other curious Observations, with which his Books are filled, relating to Waters, Minerals, and Animals, &c.

He tells us the most remarkable Cold Spring is at *Sorbeck* in *Lancashire*; and that upon the Immersion of the Hand into it, the Hand grows extreamly Red, and that a violent Pain is perceived in it, and that it is a Chalybeate Water; and that if a Thermometer be suspended in it for half an Hour, the Spirit in it will subside an Inch. If the Spirit will subside an Inch, that shews how much the Animal Spirits may subside by Cold, as well as be compressed by the weight of Cold Water upon Bathing in it. Our ordinary Barometer

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subsides in our Climate upon the Changes of Weather near three Inches ; and that shews how much the Alterations of Weather usually change the Rarifications of our Humours in Air, or Climate ; and if we design to fortify our selves against Cold, which compresses, and in our Climate alters our Bloods and Spirits, we must always keep them compressed by Cold Baths : for in Cold Climates, about Eighty-one Degrees from the *Æquator*, the before-mentioned Doctor informs us, That the Barometer alters not above half an Inch by the Changes of Weather ; therefore in Cold Climates the Humours ought to be constantly kept compressed, and the Air lodged in them condensed : So on the contrary in the Climates near the Line, the *Barometer* alters little, there the Air is most rarified, and the Air in the Blood ought there to be always kept in a rarified State, and not to be over-compressed by a Cold Regimen. In our Country, which lies betwixt the *North* and *South*, the Alteration of the Air, and its condensation by Cold is more than its Rarification by Heat ; therefore since Cold exceeds the Heat, we must adjust our Air in our Humours, to the same Temper, and keep our selves more cold than hot ; for the hotter we
keep

keep our selves, the more we suffer by any Cold that happens, as well as the Alteration of the pressure of the Air, which is very great in our Climates. For the Doctor tells us in Degree 45. the Barometer alters three Inches, but in 60, two Inches, in 75, but one Inch; and in 15 from the Line, one Inch; and in 30, two Inches.

All tenderness seems to depend on being kept too hot, so that we cannot bear the sense of our own Air, and this is only to be cured by Cold Baths; and if we be affected by the Changes of Weather, that happens by the Effervescences which are promoted by the Alteration of the Pressure of the Air; which is best prevented by keeping the Humours cool, and of the same Temper as our Air, for then they will easily condense and rarify with it; and not run into violent Ebullitions, if the Air become lighter, nor become sizzly if too Cold, or over-compressed.

The same Author, *Page 54. of Lib. 2.* gives this Observation, In Leprous Distempers, Scorbutick Rheumatisms, and the Rickets, and Scorbutick Atrophy, before the Heftick heat be too intense, I have not known any Medicine to perform the Effects which these Waters frequently do.

In the Leprosy, which he truly takes to be a Species of the Scurvy, *Lib. 2. Page 56.* he commends Chalybeate Waters, Cold Baths, and an Abstinence from Flesh-meats, by which Dr. *Baynard* recovered his Patient from the Leprosy, when Bath-waters and Salivation did not succeed.

If Cold Baths are proper for the Scurvy, and Consumption, then they are useful in the several Species, and Complications of them with other Diseases.

The Scurvy is complicated with Hemiplegias, Pains, Dropsy, Jaundice, Ulcers, Vertigo, Asthma, Convulsions, &c. and in all these for the Scorbutick Humour, which is Salso-acid, Fetid, Acrid, Bitter, Bilious, and like their Urine, which is bitterish, fetid, and lixivial; in all which Cold Baths are useful. Under the name of the Scurvy, divers Diseases are comprehended, because we may observe in it the Complication of divers Cacochymias.

On the Acrid, Salt, or Corrosive Humours, depend the Corrosion of the Teeth and Gums, the excessive Pruritus in the Skin, the Diarrhoea, Coughs, Sweats, Atrophy, Consumption, and Lixivial Urine. On the Viscidity of the Blood, the Hemiplegia, Inflammations, Pains in the Skin,
Limbs,

Limbs, Teeth, Tonfils, and all Pustules depend.

On the Putrefaction of Humours, the Fœtor of the Mouth, the Spots in the Skin, Putrid Spits, Scorbutick Ulcers, Gangrenes, Morpew, Scurf, Lepra, Hemorrhagies by dysentery, Hemorrhagies by the Nose, Vomiting, Coughing, and by the Gums.

On the Flatulent Cacochymia, all the Symptoms in the Nerves depend, Convulsive Motions, Trembling, Stupor, Beating, Vermiculations, Coldness, Numbness, Palsy, Erratick-Pains, *Chorea Sancti Viti*, Colick, Asthma, Epilepsy, Vertigo, Hypochondriack and Hysterick Cases. I have enumerated all these Symptoms of the Scurvey, to shew in how many Cases Cold Baths may be used for the Scurvey, and that where it agrees with the Cacochymia, it will generally agree with all the Diseases depending on it. By the several Cacochymia's mentioned in the Scurvy, we may observe, that Authors call all the Hot Cacochymias, the Acrid, the Bitter, the Viscid, Salso-acid; the Acid, and Putrid, the Scorbutick Humours.

Consumptions depend on divers Diseases, such as Evacuations, *Fluor albus*, *Diarrhœa*, *Diabetes*, Scurvy, Rheumatisms, Stone, Gout, Asthma, *Chlorosis*, Rickets, Surfeits,

Hæmorrhagies, Obstructions, &c. And where the Original Disease will admit of Cold Baths, there they must be used to cure the Hætick; and since the Consumptive have always a Sisy and Salt Blood, for them also Cold Baths are useful to correct those Cacochymia's.

Since Hot Baths propagate Infection, why may we not try cold ones to prevent it? Infectious Diseases are very rare in Cold Countries, and the Hot Blood is sooner infected in Children, than the Cold in Old Men. Hot Baths occasion Faintness; therefore Cold Baths by keeping in the Spirits strengthen them.

By all the Particulars mentioned, I have proved that Cold Baths are proper Specificks or Antidotes against Opiates, and sleepy Distempers, for which they are effectual; Anti-hypnoticks against Defluxions, Inflammations, Pains, the best Preservatives and Anodynes; they are also good Anti-Phthicks, Anti-Scorbuticks, Febrifuges, Anti-Rheumaticks, Anti-Rachiticks; and in a word, the best and only effectual Cephalicks, Anti-Paralyticks, and Anti-Convulsives, Diureticks and Sudorificks, &c. I think I have need to say no more of Common Cold Baths, but will give some Character of two other Cold Baths,

Baths, which I met with in the old Writers, *viz.* those of Sea-Water or Nitrous Springs.

Since we live in an Island, and have the Sea about us, we cannot want an excellent Cold Bath, which will both preserve our Healths, and cure many Diseases, as our Fountains do.

Swimming in the Sea is commended by *Aritens* for the Cold Pains of the Head. By *Ætius* for the stoppage in the Nose, and loss of Smelling, if we use it constantly. By *Celsus* and *Antillus* for the Dropsy, Scab, Leprosy, and Spots in the Skin, or any Defluxion on the Legs, or any other Part, and for the Atrophy. *Cælius Aurelianus* commends it for the Palsy, the weakness of the Stomach, the Jaundice, Spleen, Obstructions, or the Cachectick, and in Pains of the Head, and Epilepsy. *Aristotle* observes, That the Sea will much better carry the weight of our Bodies than Common Water, and he says it is more wholesome, and that it causes a greater expence of Humour than riding in a Coach; it makes the Body lean, strengthens, heats, and attenuates.

I have sufficiently enumerated the Benefits of Cold Baths; and that I might prevent

inconveniences, I will mention the Injuries done by them.

'Tis observed by *Antillus*, That all sort of Swimming offends the Head, the Circulation of the Blood being outwardly checked, it is forced inwards for the present ; this is to be prevented by laying a wet Cloth or Night-Cap on the Head, or wetting that first, and diving under water.

Cold Baths sometimes procure Deafness, which may be prevented by stopping the Ears, or using them less, and not too frequently, nor stay in too long at any time.

An excess in Cold Bathing occasions Cramps, Horror, and Fevers ; all these are prevented by staying in them no longer than we can bear the Sensation of the Cold Water without excessive Chilness, and to use Friction before or after ; these Inconveniencies the *Romans* prevented by Friction and Uction, which heats the Body, and by heating the Body with moderate Exercise before.

The same Errors may happen in the use of Cold Baths, as in the Hot Baths ; they may be used in unseasonable Weather ; and in very cold Weather Cold Baths cannot be convenient, but from *June* to *September* they may safely be used. Cold Baths may be used as well as Hot Baths in proper Cases:

Cases : Cold Baths agree only with Hot Constitutions, and not with Cold, nor in decayed, weak Spirits, and very old Persons, nor after Exercise and great Laffitude, nor during great Inflammations affecting the inward Parts, as in Pleurifies, Phthificks, Colicks, nor after great Surfeits, and full Meals, and in Convulfions.

To prevent these Inconveniences, let every Person consult some Phyfician, who may better know his Constitution, the Nature of the Disease, the proper time for using Cold Baths, and may first use all proper Methods of inward Medicines, and after them use Cold Baths, *Secundum artem*, and not Empirically.

We may abuse Cold Baths by going into them when too Hot, and by using them too frequently, or staying in them too long, or by holding the Head under the Springs, or bucketing the Body, or Breast, or wearing wet Linnen after them all Day. For Example of these Misfortunes, let all Persons reflect on *Alexander Oenobarbus*, and Young *Marcellus*, amongst the Ancients, who received Injury by Cold Baths. And *Suetonius* tells us, That both the *Vespasians* died at the Cold Waters at *Cutiliae*. But *Pliny* commends these Nitrous Waters for the Stomach, Nerves, Joynts. And *Celsus*

Celsus commends them in the Resolution of the Stomach and Atrophy. And *Vitruvius* commends them for the *Strumæ*. But to prove that there is a proper Use to be made of Cold Baths, I must refer the Reader to the History of *Augustus* in *Suetonius*, to *Pliny's* Natural History, to *Horace Ad Valam*; to *Seneca* in his Epistles, who calls himself *Pseuchrolontes*; to *Pliny's* Epistles, *Lib. 2. Epist. 17.* who describes his Baths, *Inde Balnei cella frigidaria, spatiosa, & effusa, cujus in contrariis parietibus duo Baptisteria velut ejecta sinuantur, abunde capacia sinuatione in proximo cogites, adjacet unctorium, hypocaustum, adjacet propigneum Balnei, mox duæ cellæ magis elegantes quam sumptuosæ.* See more of this in the Fifth Book. See *Diogenes Laertius* in his Life of *Plato*, where *Euripides*, who accompanied him into *Ægypt*, was cured by Bathing in the Sea, to which the Priest advised. From hence the Use of Cold Baths was first learnt by the *Greeks*, and *Hippocrates* might learn it here, as well as from the *Scythians*. Most part of the *Grecian* Art of Physick came from *Ægypt*, which had a Physician for every Disease, except those of Children; and their Distempers are worst described by the *Grecian* Writers, such as the Rickets, the Small-Pox, Measles.

Since

Since by Hot Baths, Wine, Eating, Exercise, and all other things we use, we may receive good by a prudent, moderate, reasonable Use of them, and great Mischiefs by an unseasonable, improper, disorderly Abuse; so I desire all Persons would think of the proper and improper Use of Cold Baths. They may preserve our Healths, and cure many Diseases, if used according to the Ancient and Modern Art of Cold Bathing; or else do great Mischief by unskilful, imprudent Management, as I have observed in some Patients, who the first Year went with good Advice, and after fit Evacuations and Alterations, to Cold Baths, and there received great Benefit; but by going unadvisedly the second Year, and trusting to their own Experience, found many Inconveniencies to happen to them, which would have been avoided by a proper use of specifick Remedies, and good Evacuation, if they had been prescribed before their second Year's Use of Cold Baths; No Remedies, though never so good, can have a certain good Effect, unless used in proper Circumstances, as to Time, Dose, Quantity, and in proper Constitutions and Diseases; and if these be observed in the Use of Cold Baths, I know all Mankind will allow that I have proved
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what I design, That Cold Baths are both safe and useful, for preserving our Healths, and curing our Diseases.

Paulus Ægineta commends Cold Baths, but gives this good Advice, to use an exact Diet, and convenient Exercise; the Diet ought not to be too hot, because that will breed Acrid Humours, which being kept in the Body by Cold Baths, may occasion some prejudice to our Healths, therefore we must use a Cool Diet, whilst we use cool Baths; but immediately after Cold Bathing, we may take some Cordial Liquors, as Ale, or Wine, if we be very Chill.

Moderate Exercise is also necessary in Cold Bathing, not only to warm the Body before and after it, but at other times to discuss hot Vapours retained in the Blood.

Orobafius made his Compendium of *Galen's* Physick, by the Command of *Julian* the Emperor, who was made *Cæsar*, *Ann. Chr. 357.* *Ætius* was his Contemporary, and I have quoted him for Cold Bathing. *Trallianus* writ after these; he also approves of Cold Baths in Melancholick cases, *Concedendum ut non modo in calido solio, sed etiam frigidaë labro diutius immoretur.*

Ægineta writ last of all, *An. Chr. 420.* and his Judgment I have given already concerning

cerning Cold Bathing, and his Cautions I gave about it. I have mentioned all these Physicians to shew, That Cold Bathing was the general Practice at *Rome* from the Time of *Musa*, in the 20th of *Augustus's* Reign, till *Ægineta's* Time, which is near 400 Years in that Empire. And since the cure of Diseases by Cold Baths was generally practised by all People, as well as their Emperors, that practice of Cold Bathing must needs come with the rest of the *Roman* Customs unto us, and certainly remained amongst the *Britains* when the *Romans* left this Isle. The *Saxons* who succeeded the *Romans*, brought in the *German* Custom of Washing in Rivers for the preserving of their Healths, and that made them receive the Baptismal Immersion in Rivers and Fountains without any scruple; and 'tis probable, that on these the first Christians imposed the Name of their Saints, and Religion taught the Heathens to change the Names of their Springs, and dedicate them to the Christian Saints, which for their great Cures were formerly dedicated to the Dæmons. So *Virgo*, the famous Spring at *Rome*, which was dedicated to *Diana*, was afterwards consecrated *Dive Mariæ Virgini*, as the Learned *Baccius* affirms.

The

The *Cutilie* were famous amongst the Roman Physicians. They were cold Nitrous Waters, and were used both in Drinking and Bathing for the Gout, Stone, Inflammation in the Eyes, the King's Evil, all Hot Defluxions, and to strengthen the Stomach. We have a great Quantity of these Waters in *England*, and out of them we may contrive Cold Baths, for the Distempers mentioned. *Celsus* and *Cælius Aurelianus* made use of such Cold Baths in many Diseases, and we cannot well cure some Diseases without them. The bitter Salt made out of such Waters, seems to be the true Nitre of the Ancients, which they made out of Springs by Decoction, or the Heat of the Sun, and their Nitrous Waters are described to be bitter, rather than Salt; and that they are more bitter the less mixt (with Salt, Alum, Vitriol, or Sulphur) the Nitre was. They say, the Virtue of the old Nitre was to purge by Urine and Stool, and that it had an Acrimony to open Obstructions. And since Dr. Grew's purging Salt has all these Qualities, it is certainly the ancient Nitre as to its Physical Virtue.

The *Albulæ* are oft mentioned by *Cælius Aurelianus*, *Galen*, *Ætius*, and these were Astringent and Salt, of a mild Heat; and in-

instead of these we may use *Buxton* as a temperate Bath in Rheumatick cases, and the Stone, and Ulcers, and all Fluxes and Abortions, and for exciting Appetite. *Cælius* describes the *Albulæ frigidæ virtutis*, pag. 330. *Solutione laborantibus vel fluore quorumlibet officiorum naturalium à veteribus appropriatæ*. He advises the putting the Part affected under the Falls of Springs, which the *Greeks* call *Cataclysmus*, and that causes great changes in Diseases.

That Purging Waters were used with Cold Bathing, is evident by the use of these Cold Nitrous Waters, both at the same time for Bathing and Drinking; and where we want them, we may use the bitter purging Salt to prepare our selves for Cold Baths.

To these *Cutiliæ*, the *Romans* used to go in the Summer as we do to *Epsom*, and there both the *Vespasians* died. Of *Flavius Vespasian*, *Suetonius* tells us how he miscarried, and that *creberrimo frigida aquæ usu, intestina vitiaisset*: And we may observe that some of our Country-waters occasion Dysenteries, when used too oft.

I think fit to recommend the Regimen of *Alexander Severus*, a prudent Emperor, to the present Age, which *Lampridius* thus describes: First in the Morning he dispatch'd all

all Publick Affairs, whether Civil or Military, afterwards he read the *Greek* Authors, then he applied himself to some moderate Exercise, such as Running, Ball-play, or Wrestling, and afterwards being anointed, he bathed in Hot Baths rarely or never, but in his *Piscina* always, and stay'd in it near an Hour, and in the Morning fasting he drank Cold Water, about twenty Ounces; and after his Cold Bathing, he eat much Bread and Milk, Eggs, Mulsam; and after these he dined often, but sometimes eat nothing till Night. By this use of Cold Baths, he, like a Philosopher, prepared his Body for his Studies, and hardened it for War; by this wise Method he lived to be old; and since he came into *England*, and conquered his Enemies here, and at last dyed at *Tork*, we may very well conclude, that this Method of using Cold Baths was well known in *England*, and practised here ever since by the *Old Britains*, who oft on the account of Cold Bathing, frequented St. *Winifred's* Well. All the Account I can meet with, of St. *Winifred*, or St. *Mongah*, is contained in the following Letter from a Learned Divine concerning those Saints, to whom our most Eminent Cold Baths were dedicated by *Britains* or the *Saxons*, when Christianity was first planted amongst them.

Most

Most honoured Sir,

I Have last Night, and this Morning been turning over my poor Study of Books, to find something of St. Mongah. — This Account I find of him. — His true Name is Kentigern, and he lived about the Year 560. and was Bishop of Glascow in Scotland, whence he was driven out by the Pagan Saxons for ought I know. — However he was driven out of his own Country, and fled to St. Asaph in Flintshire, where he found means to Build a Monastery between the Rivers Elwyd and Elwy; some time after he Built a Church, and there flocked abundance of People to him, so that his Monastery at last amounted to the number of 660. whereof 'tis said, That he appointed 300 that were utterly unlearned to Till the Ground, and other Husbandry Work, and other Handicraft-Work in the Monastery, &c. — His Church was first Built of Timber, and afterwards of Stone, not without some resistance of one Malgo or Maglocunus, a British King, dwelling then at Deganiwy, a dozen Miles off; but at last he gave him liberty, and consented his Church should be an Episcopal See, and withal bestowed several Mannors and Privileges upon it, &c. This Kentigern was first Bishop here, and he is said to be the Son

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of

of Thanes, who was Daughter to Loth, King of the Picts; who his Father was, could never be known: many Ignorant People there were in old time, that thought that he was Born of his Mother, being a pure Virgin.--- How long he lived here in Flintshire is not known, but he left his Bishoprick to his Scholar Asaph, from whence it after had its Denomination of St. Asaph, being called before Episcopatus Elguensis & Elvensis, from the River Elwy, as was said before. --- But as I said, Kentigern at last had leave to return into Scotland, to his former Bishoprick of Glascow, and lived (as the Legend and other Accounts say, if we can believe them) to the Age of 185 Years. Could it be proved that he bathed himself in Cold Water, it would be a noble Instance to your purpose? But you will say, what hath Kentigern to do with St. Mongah, for so is the true Name? I answer, That Kentigern was Scholar to Servanus, Bishop of the Orcades, or the Islands of Orkney, and intirely beloved of him, in-somuch, that he would still call him Mongah; that is in the Norish Tongue, or Tongue there spoken, a dear Friend, or Dearly Beloved. --- Of Servanus I could say more, but this may suffice: So that by this means, Kentigern became most commonly known in these Countries by the Name of Mongah, as

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Chrysostom, and others, have been upon such accounts, whose true Name was John, and the Name of Chrysostom, or Golden Tongue, given him for his Eloquence, so that now that is the Name most commonly he is known by.

I cannot find any where he did any Miracles at these Wells you mention, but it was a common thing to dedicate Wells, &c. to Saints, who never had been there, even by the Account the Legend gives of them. I know abundance of Chad-wells, where Chad is never supposed to have been; the Virtue they might have by Prayers or Dedication, as was common to dedicate Churches to them; but if there be any thing more than this, and the Legend mentions any particular Blessing the Wells had from his Prayers, there is a full Account to be had, as I find among Archbishop Usher's MSS. in Dublin Library, *vita sancti Kentigerni*, Cod. 193. — Capgrave, I suppose, hath some account of him in *Catal. five Legend. Sanctorum Edit. Legend. 1516. fol.* and his is but an Extract out of a large Work intire in the Cotton Library, Tib. E. 1. MS.

Since my Writing, I find a large Account of him in Usher's *Primordia*, pag. 681, &c. of my edit. 40. Mine is not the best, but of his own Publishing——I suppose the MS.

I mentioned in the Dublin Library, is Johannes Tinmuthensis, or John of Tinmouth; and Usher hath given a large Abstract out of him, in effect, I suppose all that is in him. — Here he is made go to Rome to Convert some of the Pagan Saxons. The Account of his being driven from Glascow is at large repeated, &c. but nothing of his Miracles at these Wells, as I can find.

Concerning St. Winifred's Well, the Legend is well known, that she being a Chast Virgin, would not yield to the Imbraces of one Carodoct, Lord of North-Wales, who cut off her Head, &c. I suppose you know the Legend well enough; — this they say was in 644. — if so, the Virtue of the Water must have its rise from that time; but there's a shrewd Objection against this Tradition. — For Giraldus Cambrensis, an admirable Scholar for his time, who lived in the time of Henry II. that is, about 1200. for he lived long; He, I say, a Welshman, took a Journey into all Parts of Wales, and is mighty particular in the Account of all the Abbies, and miraculous things especially, and sometimes says more than is true; yet he makes no mention of this miraculous Well, nor any thing relating to it — It is to be observed, he says, he lay one Night at Basingwerk, which is but half a Mile distant from these Wells. — But

it is rationally supposed that the Monks of Basingwerk, (which Abby was founded about a hundred Years after Giralduſ,) framed all theſe Legends for their own ends.— See Dr. Powel in his Annot. to Giralduſ. Camb. at large.

I have given you, my Honoured Country-men, all the Experiments I could collect both from the Ancients and Moderns, and have nothing farther to add, but an Answer to the Vulgar Objection, that our Country is too Cold for Cold Baths; to which I have already in part answered, by mentioning the Bathing at St. Mungo and Holmwelſ, which is yet conſtantly practiſed. And I will add, that Cæſar in his Commentaries tells, that the old Britains went almoſt naked, and painted their Bodies to affright their Enemies. He farther ſays, That the Suevi and old Germans, (from whence afterwards our Saxon Race came) had no other Cloathing but Skins; and that in their Cold Country, *Promiſcuè fluminibus perluuntur*, and that moſt of their Bodies were uncovered.

Buchanan in his Scotch Hiſtory tells us, That the Picts went naked, and painted their Bodies, and that the Scotch Islanders ſleep upon the Snow, or make themſelves Beds of Heath, with the Flowery ends upwards, which, *Mollitie cum pluma certant*,

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p.m. 20

salubritate certe superant, omnibus non negligentia modo in culcitris, sed affectatio inculti horroris, & duritiei summa est. He farther tells us, That the Inhabitants of the Or-
 m. 34. cades preserve the Vigour, Beauty, and Largeness of their Body, as well as Health in their Mind, by their observing their old Parsimony; and that their Ignorance of the nice and luxurious ways of Living, conduced more for preserving their Health, than any Medicinal Art. When the Northern Nations had taught the Romans the use of Cold Bathing, by the frequent experience they found amongst them, Hot Baths began to be disused towards Galen's time; and Lampridius tells us, That

* * These Emperors lived about the 223 Year of our Lord.

* *Alexander Severus* rarely bathed in Hot Baths, but almost always in a *Piscina*. The same Author gives us an Account of

* *Heliogabalus*, who used to Colour his *Piscinae* with Saffron and precious Oyntment before he used them. All the

See Purchas.

Barbarous Nations at present, such as the *Samoids* about *Tartary*, harden their new-born Infants, either in Snow or Water. And in the *West-Indies* they not only wash their Children, but Mothers also, immediately after their Children are Born.

I cannot

I cannot better advise you any Method for Preservation of Health, than the Cold Regimen, to Immerse all your Children in Baptism, to Wash them often afterwards till Three Quarters old, whereby the Rickets and Convulsions will be prevented; to use Children to Cold Air, Water-drinking, to wear few Cloaths, which if many, consumes the Flesh, and renders all Children subject to Rheums; to use them when Boys to Bathing in Rivers, and when Men to Cold Baths, to harden their Skins against the Changes of Weather, and to increase their Appetite and Digestion, and Strength of the Limbs, to expel the Serum by Urine and Sweat: it loosens the Belly in some Persons. The Preservation of Health, Cleanliness, and pleasant Refreshment after Cold Baths are sufficient to recommend the use of them.

What I have writ on this Subject, was at first designed for my own Information, and now I have published it for the Instruction of others, and to give all my Country-men notice of the Conveniences I have made at *Litchfield* for Cold Bathing; and I doubt not, but a full Experience of that Practice will assure you, my Honoured Country-men, that what
I have

I have here proposed, will be safe and useful, and necessary, both for the Preservation of your Health, and curing all the Diseases mentioned, which is the hearty Wish of,

My Honoured Benefactors,

Your very Humble Servant,

*Litchfield,
March 25.
1701.*

JOHN FLOYER.

A Letter

To the Ingenious and Learned Physician, Dr. Baynard.

S I R,

I Think my self, as well as all others of our Profession, much obliged to you, for your great Industry, in promoting the Use of *Cold Bathing*, and your kind Communication of such Cases as have received benefit by it, which are a sufficient and convincing Evidence that *Cold Baths* are both Safe and Useful. I think my self farther obliged to give you a particular Account of my success in Curing the Patient you recommended from *Repton* to our *Litchfield Cold Bath*. I will first give a particular Account of the Case, because you did not see her, but were only consulted by her Friends.

I observed, That Mrs. *Pifer* of *Repton* in *Derbyshire*, was very much swelled in all her Joynts by a *Rheumatism*, which had lasted four Years; the Joynts of her Elbows, Wrists, Knees, Ankles, appeared very big and knotted, and so sore, that she could not suffer any motion of them; the Fingers were contracted close, so that she could not move them, nor any other of her Limbs; her hands and Arms were distorted into a strange figure by the Contraction of the Sinews; all the rest of her Body was very Lean, and she had a short Cough, which gave me a suspicion of a Consumption.

When I had viewed the Patient, I was
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much discouraged by the difficulty of the Case, and believed you had sent me a Patient to discredit my *Bath*; but my success in this Case has much credited it.

I began with her, by letting her Blood, and by Purging her once, for her Strength could not bear any more: This I did by way of Preparation for the Bathing afterwards. She was dipt in the Chair three times at each Bathing, and she bathed nine times in the whole; the wet cold Weather caused us to leave it off, though she found a great Refreshment always after it. Because of the Tumors and Pains, I put her to Bed after her Bathing, and she Sweated plentifully after it, by the help of warm Ale and Spirit of *Harts-horn*; once or twice she did not Sweat, and found her self not so well relieved as by Sweating; by the use of the Bath and Sweating, her Pains and Swellings did presently remit, and after a while went quite away, and she began to use her Arms and her Feet, which she had not done of three Quarters of a Year before; she eat her Meat better, grew in Flesh, and the Dry Cough abated: As soon as I found the Pains were abated, I prescribed her some Steel and Antiscorbuticks, and Oyntments for the contracted Sinews, by which she received some benefit, and she continues very well in all parts but one Leg, where the Sinews under her

Knee

Knees are not yet come to a full length. Not only by this Case, but by others I have tried, I find *Cold Baths* relieve the *Rheumatick-pains* by driving the Humours stagnating in the Limbs into the circulating Vessels again, and that by Sweating afterwards they are readily evacuated; therefore I find that Sweating is necessary in *Bathing* for *Rheumatisms*. And I also observe, that Evacuations and Alteratives, and Oyntments, are necessary as such, as the Disease indicates, besides the Bathing, and therefore I believe *Cold Bathing* can never be made a Quack Medicine, to be prescribed alone, nor to be used for all Diseases; but according to Physical Indications in company with other Medicines, and then they will perform very great Cures. I must give you a little farther of my Experience in Hypochondriack Cases, wherein I have done much good, but I always intermixt Alteratives and such Evacuations as the Disease required: I vomited and bled them by way of Preparation, and gave them the Steel-Waters every Day they Bathed, and after all a Steel-Course, and they always felt great Relief, and a chearful Spirit after Bathing, and slept well; but I observed, that their Convulsive-pains cannot be relieved till after two or three Years use of *Cold Baths*, and Sweating after Bathing is not necessary in these Cases.

I have met with a Case in the *Hydrophobia* where the Man bit died after his return from Bathing in the Sea, which I mention to shew you, that the giving the *Decoct. a morsum canis* is necessary, as well as the *Sea Bath*; and for want of Alteratives joyned with the *Cold Bath*, that useful Practice will suffer in its due Reputation: And this Practice the Case of *Hippocrates*, I have quoted, will justify, who for *Hypochondriacks* used other Medicines as well as *Cold Baths*.

There is a particular Circumstance must be well observed; for where we design Sweating, we must not keep the Patient long in the Water, but only dip them thrice and immediately take them out again, that their Natural heat may quickly return, and raise a sweat to discuss Tumours and Pains; but in *Hypochondriack* Cases, there the heat is great and Spirits furious, and in these we must continue our Patient in longer, and repeat it oftener. And to prove this, I will give you an Instance out of *Helmont*, who tells us, that a *Maniack* was cured by leaping into a Pond, and continuing there till he was half drowned; and he farther says, That by the same Method he had great success in curing *Mania's*: *Nisi quoties formidine praecociter amentes ex aqua extraheret.* And he observed, That Common Water as well as the Salt Water suffocated the mad Ideas.

'Tis difficult to determine how long each Disease requires *Cold Bathing*, this must be learnt by Experience. I will give you an Account of what was practised this Year by a Person of Quality, from whose Letter I have transcribed it about the *Rickets*. My Boy was at the Cold Bath about three Weeks, and was dipt twenty eight times, that is, first nine times, and then rested some Days; and he was oft dipt twice in a Day, Morning and Afternoon, and after each time he was put to Bed, and Sweat but very moderately (he being a weak Child); but others, who are stronger Sweat more, and after the Rest mentioned, they dip him three times more, and so a third time: The way of Dipping was thus, a Woman plunges the Child over Head and Ears, and then sets them on their Feet in Water, and rubs them all over, especially their Limbs, Back, and Belly; they plunge and rub them thrice, and that is called one Dipping; they must not be above three Minutes in doing this. If the Children do not Sweat, they put their Maids to Bed to them. Note, That the Children Purge as long as they use the Cold Bathing; but that ceases as soon as they leave it off.

By this Letter we may observe, That a long Use of Bathing is necessary for curing the *Rickets*, which was the Child's Disease, and that the Serum which oppresses and fills the Nerves, was evacuated by Stools and Sweat;

Sweat ; but I am of Opinion, that some Evacuations before, and Alteratives after, would very much promote the Cure. As to the preventing the *Gout* and *Asthma's*, and other Chronical Cases, there must be Water-Drinking and due Evacuations by Vomits and Bleeding, joyned with a long Use of Cold Baths, such as *Cælius Aurelianus* calls *Consuetudo frigidi lavacri*, or else no Cure will be performed by them, but the Chronical Diseases will return upon any *Effervescence* of Humours. I have this Year had good success in helping an *Asthmatick* by Vomiting, Drinking Steel-Waters, and Bathing at *Buxton*, and using Water for constant Drink ; this method has kept him well many Months, when no other could stop his Fits. As to any Injury by Cold Baths, I never yet met with any where they have been used according to Physical Indications, and after due Preparations, so that I cannot but believe they will in time prevail against the Prejudices of all People. All the young Practisers will out of Curiosity try them, to which they will be well disposed by what they have Read concerning *Religious Washing* in *Homer*, &c. (such as *Penelope's* washing before her Prayers, and *Telemachus's* Washing his Head) And as to the Medicinal Ablution, they will find enough of it in all the *Greek* and *Latin* Authors they have

have Read; so that every Physician will in the next Age, be a *Pseuchroloutist*. We are much obliged to a late Ingenious Author, Dr. Mead, who in his Mechanical Treatise of Poysons truly asserts, That *Melancholy*, as well as *Hydrophobias* and *Manias*, were formerly cured by *Cold Baths*, which by their *Cold* and *Gravity* produce their Effects as a *Diuretick*: And he gives Quotations from *Helmont*, *Tulpius*, and *Appius*, to prove the Usefulness of *Cold Baths* in the Cases mentioned.

We shall wholly gain all the Experienced Chirurgeons, who can relate many Cures they have done by stopping *Hemorrhagies*, healing fresh *Wounds*, *Varicous Tumours*, &c. by their Application of *Cold Water*. And I was informed by an Experienced Chirurgeon, that he had a *Scrophulous Tumour* on his Foot, cured by holding it under the fall of a Spring for many Mornings. You may observe in *Celsus*, That the *Romans* held their Heads under the Spouts of their Springs. And we may observe in *Cælius Aurelianus*, the *Illisio aquarum*; and in *Hippocrates*, the Affusions of Water, all which answer to our Pumping; and this is one of the *desiderata* in *Cold Bathings*, and it ought first to be tried on our *Maniacks*. That I may farther convince all my Country-men that *Immersion* in *Baptism* was very late-

lately left off in *England*, I will assure them, that there are yet Persons living who were so *Immersed*; for I was informed by Mr *Berisford*, Minister of *Stretton* in *Derbyshire*, that his Parents *Immersed* not only him, but the rest of his Family at his *Baptism*. He is now about 66 Years old. So that he is a full Evidence, that the *Baptifimal Immersion* began not before the last Century to be dis-
used, and 'tis probable that it continued longer in Use in the *Northern* Parts, where there is less *Effeminacy* and longer Lives, than in the *Southern* Parts of this Kingdom, and to a more cool management of their Children those good Effects may be justly attributed. I shall add no more on this Subject, for they who will not be convinced by the Experience of former Ages, nor those Modern Cases you have communicated, must be left to their own Opinions; and you and I must be contented, that we and other Physicians have endeavoured to restore a very Ancient and Useful Practice in Physick. I shall ever be,

S I R,

Your much obliged Friend,

Litchfield, Sep-
temb. 28. 1702.

and humble Servant,

John Floyer

Of Cold Baths.

PART II.

*A Letter from Dr. Baynard in
London, to Sir John Floy-
er, Kt. in Litchfield, con-
cerning Cold Immersions,
&c.*

Honoured Sir,

UPON the Discourse I had last with you, upon your design of writing a small *Tract* on that Noble Subject of *Cold Immersion*, a Practice so old in the World almost forgotten, as if it had been dead and buried through extream *Age* and *Superannuation*; According to my Promise, I now present you with some few Lines touching some wonderful and most remarkable *Cures* done by (the amazing Effects of) *Cold Water*, such only as have fallen under my own Eye

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and Observation. And I hope I shall be so just both to my *Self* and the *World*, as to relate nothing but what is positively true in *Fact*; and especially *those* which I have recorded; tho' in some others perhaps that depend on my Memory, and were transacted long since, probably some circumstance may be forgotten or omitted; but in the main, to the best of my recollection, I give you the whole of what I can remember. I always (I thank God) lookt upon it as most impious, and one of the worst of wickednesses (in serious things) to impose upon the Living, but much more to *Banter*, and hand down a falshood to Posterity. A fault (I doubt) too many of our Physick Observators have been too guilty of, as that ridiculous Story of *Phillipus Salmonthus*, in his Chapter *de Partu per Os*; and that of *Cardan's*, quoted by *Hen. Ab Heers*, whose Words are these, *viz.*

Quantam communionem habeant genitalia, partesque ipsis vicinæ cum Capite, adseverat, quod si quis canitie deformis unica tantum nocte illinat scrotum vicinasque partes succo ex radice juglandis viridi expresso, Canitie deposita niger-rimo colore Capitis Pilos inficiet, totum annum duraturo, &c.

So let them go on to the end of the Chapter in their amusing and improbable Stories, provided they be but honest and just in the

tender and nice Concern of *Life*; for all things in reference thereunto ought to be consider'd well, and treated with the greatest *Caution*; for there lies no Writ of *Error* in the *Grave*, but the Sick Man is finally concluded by the Knowledge or Ignorance of his *Physician*. But where Knavery and Neglect help to compound the *Doctor*, there, I say, the Patient is in a deplorable Condition, more from his Director than his Disease: and too often in *Acute Cases*, where *Life* and *Death* perches upon the same *Beam*, the least Grain of Error or Neglect may turn the *Scale*, and irretrievably destroy that *Life*, which on the other hand, a lucky thought might have saved. And I think it a Duty indispensably incumbent upon the Physician, that where he thinks he has not taken a right *Scheme* of the Case, nor had a true insight into the *Disease*, or has the least doubt upon him; there, I say, both in Honour and Conscience he is bound to call in some other to his *Assistance*, which is so far from being a *Disgrace*, that his Care will be (among wise Men) esteem'd as the Product of his Honesty: and howsoever Providence should dispose of his *Patient*, yet by this faithful discharge of his Duty, he enjoys the Comforts of a calm *Breast*, and sleeps with a quiet *Mind*.

When on the other hand, the forward, bold, positive *Corinthian thruster on*, swollen with the Poyson of his own Opinion, as if he were the *Achme*, and top Branch of his Profession, right or wrong, goes on; but for want of Aim or a steady Hand, hits the wrong Mark, and kills the Patient instead of the Disease; which no more troubles him, than if he had fir'd at a Flock of *Geese*.

And here I am apt to think, that the Invention of *Compounds* was from not knowing the Virtues of *Simples*, supposing it like shooting at a Bird with small Shot; put into a Gun Pellets enough, and one or other must hit. But true Knowledge of a Medicine, is like the *Horse-shoe* stuck at the Man's Girdle, (whose Life was saved by it;) quoth he, *I see a little Armour will serve the turn, if it be put in the right place, &c.* But Discourses of this Nature are needless (*Sir*) to a Person of your great Circumspection, where Care and Vigilancy attend in such Perfection, that I well know the least mistake can no more escape your Pen, than it has done your Practice; for in what you have already writ your Caution is remarkably seen. And I know also your great Reading and Learning to be such, that very few, if any remarkable Passages among the many Volumes of the Ancient *Greek* and *Latin* Writers slip your

your Observation ; especially being so near a Neighbour to that Magazine of Learning, the Library of the Learned Dr. *Fonke*, a Gentleman who is not only an Honour to our Faculty, but a polish'd Scholar, and bright in all other manner of Learning.

I cannot join with *Agathinus*, in his wonderful Encomiums of Cold Bathing, as he is quoted by *Oribasius*, Physician to *Julian* the (Apostate) Emperor, wherein he instances the frequent use of it in himself, and recommends it to the World, as a most wholesome and salubrious Practice, and seems to have but a low and languid Opinion of the Use of *Hot Baths*. For with due Respect to so great a Man (as doubtless he was in his Generation) I must take leave to dissent from him, and by way of Digression tell you, that I have at least, for the space of 30 Years, (one Summer or two excepted) constantly visited the *Hot Baths* at *Bath*, in *Somersetshire*, as a Physician, and have seen wonderful and most deplorable Cases there cured, and some in a very little time, where Care and Caution has been observed in the use of them ; and especially in the *West-India Gripes* and *Colicks*, where a Paralysis has been general with a total loss of their Limbs ; and others with Arms, Hands, Legs, and Feet, strangely contracted ; yet

the Bath has cured both the *Solutions* and *Contractions*, which being contrary Operations, is past my Philosophy to find out how; without, as *Helmont* says, it be by comforting the *Archeus* with mild and gentle warmth; for 'tis a friendly Fomentation, a natural *Sal volatile oleosum*, a Cordial to the faint and languid Spirits, and puts them in a Power to act more vigorously.

Indeed when Men will bathe that are of Plethorick Habits, and Sanguine Constitutions, with a Cargo of Wine and good Chear in their Bellies, without emptying, or any medical Preparation, or that over-heat the Blood and other Fluids, beyond their natural Standard of Calfaction, by swimming, and exercising too much in them, or staying too long on the *Hot Springs*, &c. there, I say, sometimes the consequences have been ill. But then I hope he must allow, that the Fault is not in the *Bath*, but in the irregular Bathing. And what great Cures have been, and are daily done by drinking the *Bath-Water* hot from the *Pump*, *Res ipsa loquitur*; for the Cures would speak themselves, were Men mute: for the Fame of those Streams have not only run all the Kingdom over, but even beyond Sea too. Witness the prodigious quantities are sent daily away both to *Scotland*, *Ireland*, and many other Parts; altho' they

they are of much more Efficacy drank hot at the place, than sent abroad, as clearly appears by the Volatile Vitriol seen in them by the trial by *Gauls*, *Oak-Leaves*, *Thea*, *Bistort*, or any *Austere Alkaly*, which Volatile Vitriol flies off as it cools : and although you warm the Waters again to the just heat of the *Bath*, yet 'tis never to be seen more. The chief and cardinal Ingredients that impregnate these Waters, are *Sulphur*, *Iron*, and *Nitre*, mixt with a *Sal sui generis*, in a small Quantity ; the *Sulphur* bearing more than a Proportion to all the rest, so that it has been many times observed, that in a great Drought, and the Wind at or about the Point of *North-East*, the *Baths* have not only been sensibly *Hotter*, but the Water somewhat acidulated and abounding with a *Volatile Gas*, not much unlike the grateful acid of the *German Spaw Water*. I thought that I had been the first that discovered this, but talking with an *Old Guide*, he told me, that he had observed it a hundred times, when in bright serene Weather, the Wind blew fresh from some *Northerly Points* ; and then I have observed them strangely to enliven and brisk the *Spirits* ; and find that the best Cures are performed by small quantities, regular living and drinking them a great while ; and so used, in decayed *Stomachs* and scorbutick A-

trophys, I hardly ever knew them fail: And here I must subjoin two most wonderful Cures done this last Summer, the one on a Lady of Quality, Madam B. who lay at Mrs. *Cranfeild's* House near the Market Place; her case was so deplorable thro' a weak and decay'd Stomach, of a long standing, that she loathed every thing she either smelt or saw, and so weak and feeble she could scarcely stand; she vomited every thing she took, whether Liquids or Solids, and Melancholy to a strange degree, and emaciated to Skin and Bone; she took little or no Rest, her Pulse hardly perceptible; her Eyes sunk, often Ructations and sometimes Colick Pains, accompanied with Splenetick and Hysterick Fits, and generally clammy cold Sweats on her Head, Face, Arms and Hands; insomuch, that she, and all her Servants thought she could not live a Week. Being sent for to her, and finding her so extremely weak, and under such a general disorder of the whole frame, I consider'd that this was my Lady *Lloyd's* Case exactly, who when the vital Flame was even blinking in the Socket, and the Soul (one Foot over the Threshold) turning out of its tatter'd and decay'd Tenement, by the cautious use of the *Bath Waters* and Bitters, had a new Life put into her Lease, who to this Day enjoys

joys an uninterrupted state of Health. This Lady was so very weak, that at first we gave her but two or three Spoonfuls of the *Bath Water*, and about half an Hour after, one Spoonful of a bitter Infusion; an Hour after that a little more *Bath Waters*, then Bitters again, and so by degrees, from less to more, I brought her to bear half a Pint of the Waters hot from the Pump, which stay'd without loathing or vomiting; then she began to be better reconcil'd to the Sight and Smell of Meats, and to take a little Chicken Broth, &c. and in a Day or two more she could bear a Pint taken at 2 or 3 Draughts, and then began to eat solid Meats, and in the space of nine or ten Weeks recover'd her Health even to admiration, inso-much that when she went into the Church, or to walk in the Grove, when she came out of her Chair, she was pointed at, saying, *there she is! that's she! that's the Lady that was so weak, &c.* So that the true Reason why some miss of a Cure, is either because they drink too much in quantity, or take (too soon) Cordial Waters, or Wine after them, or eat before they have pass'd off; for the Stomach should have time to dry, and the Fibres to contract and close, &c. and never to eat without Appetite, and then but two thirds of a Meal. I know, now living, a certain

Kt.

Kt. who is full, if not above, a hundred Years old, who is as agil as healthful, walks upright, can sit, rise up, or stoop, with as much ease as any Man of forty Years; can walk as much, and as long as most Men, who told me that he attributed his great Health and Vigour to his Temperance in eating; for he solemnly declared, That he never filled his Belly to satiety in his Life; and tho' he can drink a glass of Wine, Ale, or Cyder, yet in the main, he is as temperate in his Drinking also, as in his Eating; and that when at his Retirement in the Country, he told me, he drank little else but Water for 2 or 3 Months together. But now as to the other Ladies Case I mentioned. She was brought to the Bath in *Extremis*, with all the frightful Symptoms of Death upon her, visible in the ghastly look of her Face, accompany'd with *Despondency*, *Sighing*, *Swooning*, *Singultus* and *Convulsions*, with an universal *Atrophy*, yet by due Care, and the powerful Vertues of the warm *Bath Waters* by slow and gentle Steps, by gradual Accessions, in the space of six Weeks she acquir'd such a Stomach, such a Constitution that she Danc'd in the Town-Hall; nor did she receive her Cure from drinking only, but was comforted and refresh'd with the mild and gentle warmth of the Cross Bath;

Bath; for bathing in many Cases is of wonderful use, as in *Colicks*, *Gripes*, *Scorbutick Atrophies*, *Cramps* and all stiffness of the *Joints* and *Limbs*; so that there are few Cases but where moderate Bathing may be join'd to Drinking to finish and compleat a Cure, saving in some Diseases of the *Head*, and all *Hecticks* and unnatural *Heats*, *Ferments* and *Ebullitions* of the Blood, all which must be left to the Judgment of the directing Physician, if the Patient has the good luck to escape the hard fate of poor Mr. *Cope*, the Lottery-Man, and light on a Physician that can distinguish between a *Kettle-Drum* and a *Cart-Wheel*. But to swill and drink great Quantities, Fumes flie into their *Heads*, their weight extends the fibrous Membranes too much, washes off the *Mucus* of the *Guts*, and sometimes from the *Bladder* too, and gives an *Ardor urine* for a little time: but generally this happens to those that drink as much Wine in the Afternoon, as they do Water in the Morning; and when the *Strainers* are relax'd by the softness of the Waters, and the obstructed Glands of the *Mesentery* opened and relieved, Quantities of Wine must do much mischief, when in the Blood there is an Union of so much *Salt* and *Tartar*; so that the best Method and Medicine too, may be abused by *over* or *under* doing it.

I re-

I remember when I lived at *Preston* in *Lancashire*, a Man died with a *Cheese* in his Belly, by drinking new *Milk* upon *Sowre Stale Beer*, which so frighten'd People from the use of *Milk*, that all forsook it, but the wiser *Calves*. Another of a Surfeit of *Salmon*, after which Accident some would never more touch *Salmon*, &c. So that no particular Case or Accident ought to shake or undermine a known and received *Good*. How many Men have died suddenly in the Street of *Apoplexies*, &c? Now had any of these unhappy Wretches been (at that Instant) put into either *Hot* or *Cold Baths*, not only the *Mob*, but even the *Grave* and more Learned *Mobility* would (all be *Coroners*, and) have laid the Murther at that Door. A grave Nod, and a graceful Grimace, with a charge of Nose Gun-Powder, Snuff 'twixt Finger and Thumb, or a Spit after his Pipe, are Signs of disapproving, and are home Thrusts to the New Invention; but if the Character of Whim or Gim-crack be labell'd unto it, 'tis for ever damn'd. Such is the force of one *Knave* on a Crowd of *Fools*, as is daily seen in most of the Transactions of the World. One cries up *Crabs* and *Lobsters*, as if Health came from Sea in Armour; t'other *Oranges* and *Lemons*. Dr. *Alkaly* says, Vinegar and Pepper is bad with Roast *Beef*: And Dr. *Acid*, that a Pearl Necklace swells the Glands

Glands of the *Throat*, and will breed *Quinsys*, or the *King's Evil*. One asks his Patients, Can ye eat *Oysters*? And t'other, Can ye drink *Verjuice*? So that you see, that the *Land-Crabs* and *Sea-Crabs* can never agree. All these foolish Extreams are of ill Consequence and of pernicious Tendency to the Commonwealth of *Health*; for to be wedded to an Opinion is true Madness, unless warranted by infallible Demonstration. *Phy-sick Bigottry* is worse than that of *Poperie*, and does more mischief to *Bodies*, than that to *Souls*; for *God* may have Mercy on an Error in his *Worship*, but a misapplied *Medicine* can have none, but must on and act according to its *Nature*, whatever be the Consequence. And yet, notwithstanding we daily see the ill Effects of some *Medicines*, and little or no virtue in *others*, yet we prescribe on, and will not take the Pains to Examine, but take things on *Trust* and *Tick*. *Credulity* is Harbinger to *Infallibility*, and clears the way for *Error* to amble on, and intails mistakes to the end of the Chapter. How many hundred Years has *Arsenick* been mistook for *Cinamon*, and worn for it as an Amulet against the *Plague*, by the mistake of an *Arabick* word, *Armek*, sounding near *Arsenick*, *Arsenicum*. See *Diemerbroek de Peste*, &c. And nothing is harder than to
unrivet

unrivet a wrong Notion. Things received take root, and not easily yield to *Extirpation*. How many Men has intempestive and over-blistering destroy'd, (especially upon a Crisis) in altering the Faces of all the *Juices* of the Body, disturbing the genuine Secretions, by mixing the venomous and corrosive Effluvium's of the *Cantharides* with the Blood, acuating the *Pulse*, besides bringing *Stranguries*, and other mischiefs on the *Bladder*, &c. And here I cannot omit a Story of an Apothecary's Man in *Fleet-street*, whose Master dyed in a few Days Sickness of a *Fever*, which his Doctors quickly made malignant. *Quoth he*, I wonder that my Master should die so soon, for he had a dozen *Blisters* on, and they all drew very strong: That is true, *quoth one standing by*, thou art in the right on't, for in four Days time (together with the help of a Teem of Doctors) he was drawn out of his Bed into the Vault over the way there, pointing at *St. Dunstan's Church*. I am apt to think that from this Blistering Doctrine came the Proverb, *Humano corio ludere*; not but that Blistering is good in some Cases, but there is measure in doing it, as well as Judgment when and where it is to be done. And violent Sweating Medicines have not been much short of as much mischief: How have they

they broke the *Globuli* of the Blood, disordering all the Fluids, by putting all the Juices upon a *Fluor* and *Fret*, so forcing the morbid Matter out of the Channels into the *Habit*, *Nerves*, &c. introducing *Tremors*, *Deliriums*, *Subsultus tendinum*, and *Convulsions*, and all the dismal Train of the *Grave's* Artillery, the Ensigns of approaching *Death*, which by a mild and tender Usage, attending and assisting the Efforts of *Nature*, might have been separated from the Mass, and carried off by Stool or Urine.

How many (even in the Agony of death) have been cram'd with *Bark* and *Bolus*, and sent hence with the last repeated *Dose* undigested on their Stomachs?

How many thousands has Dr. *Morpheus* lock't up in his leaden Coffin, by needless, intempestive and wrong apply'd *Paregoricks*, &c. hung their *Herse* with Garlands of *Night-Shade*, and sung *Requiem's* to their Souls in Wreaths of *Poppy*! when their drowsie Prescriptions have prov'd their *Credentials*, or a *Warrant* to nap on, till the day of *Judgment*.

But where a Physician gallops over his Patients, and rides Post to be Rich, there his haste is too great for small Observations, and the Sick-man lost through Precipitation. But this is no detriment to the Doctor, for
while

while they Die, others Spring up; and whilst there is Intemperance in the World there will be Diseases. And where he by *Policy* or *Party* has gain'd his Point, and set up his Standard in the Opinion of *Fools*, where his *Spaniels* range through a City to Spring his *Game*, and *Tray* is rewarded with the Offals of the Quarry, there the *Physick-Hawk* flies only at *Gold*, the well-fare of his Patient is but the *Side-board* of his Business, and *Collaterals* of his Care. But this *Galloper* is a Saint to the *Sharer*; those that go Snips with their *Apothecaries*, Villains of the first Magnitude; here the Patient is in a pretty Pickle, being sure to be dous'd according to the depth of his own *Purse*, or his Doctor's *Conscience*; and this I call both *Felony* and *Murder*, for the Man is first *Rob'd*, and then *Kill'd*: these *Pulse-Pads*, these Bed-side *Banditti*, are the worst of *Robbers*; for either through *Ignorance* or *Avarice*, they never give Quarter, but fire at you the *Pulvis gresius*, or a *quid insipidum*, a White Powder which makes no Noise. But these things only pass upon *weak Minds*, People of superficial, little or no Thought, at least of such shallow thinking, that the short Legs of a *Louse* might wade their Understandings, and not be wet up to the Knees, or else they could never be *Gall'd*, and led by the Dading-

Dading-strings, but by People of as little depth as themselves; for there is an unaccountable Sympathy between *Fools*, and where e're they come, though in a *Crowd*, or other Company, they always find one another first; their distant *Effluvia*'s, which makes the 'Sphere of Activity, won't mix with those of a wise Man's, but like *Exchequer Tallies*, will only fit their own Sticks.

Yet the *Fool* does less harm than the *Knave*, *Dr. Wax* that takes any Impression, or stamps it on another, that always says as the *Dame* and *Nurse* says, and becomes all things to all *Men*, that he may gain some (Mony); This *Phylick-Faber* touches you tenderly with the *smooth File*, and fills his Pockets from his own Forge! This chucks the Church under the *Chin*, and spits in his Hand, strokes up the Dissenters *Forehead*, &c. In short, he is like *Hudibras's Dagger*, good for every thing, and sticks at nothing to grow Rich.

The next is your *Nostrum-monger Dr. Stem-Toad*, one that sets up for *Miracle* and *Mystery*, and always makes *Honey* of a *Dogs Tard*; this Martyrs more *Toads* than *Pope*ry has *Hereticks*, and crams his Patients with *Bufo* instead of *Beef*; (for a Toad is as innocent as a Fish) tho' the *Pulvis Ethiopicus*, as they call it, has no more Virtue in it than

the Powder of *Pickled-Herring*: and yet these *Sir Positives* will be no more stirred than a *Mill-Stone*; and in Consultation they are always moved with a *Lever*, they are too heavy and unwieldy to be stirred from their own Opinions.

I once heard of a whimsical Fellow that so doted on *Buff*, that they called him *Captain Buff*, for nothing could please him but *Buff*, *Buff-Shirt*, *Band*, *Beaver*, *Boots*, &c. all *Buff*, and dwelt in a *Buff-Budget*, like *Diogenes* in his *Tub*, and would eat nothing but *Tripe*, because it lookt like *Buff*; and I doubt we have too many of these *Buff Captains* in the now *Prostitute* and degenerate Profession of *Physick*.

But to cure this Evil, is *hic Labor hoc Opus*, so to leave them in the Possession of themselves, under the Influence of their own Understandings is Curse enough; for where the Grace of God can have no admittance, all Admonitions are spilt and thrown away; for *Stupidity* is Proof against *Satyr* as well as *Wisdom*. And so to the business of *Cold Water*.

Among many that have commended *Cold Water*, I find *Hermannus Vander Hegden* cries it up to the Skies: used both inwardly and externally in *Stone* and *Gouts*, he wonderfully commends it, and in many other Cases;

Cases; in Pains of the Stomach and Joints; his Words are, *viz. Neque hic omissum velim quod sicuti frigida una atque altera hora ante cœnam assumpta doloribus articularibus medetur; Ita etiam quandoque quibusdam stomachi doloribus ejusque frigida cyathus immediate post prandium evacuatus, soleat subvenire; imo Pomum crudum, acidum tamen, aut austerum, cum cyatho etiam frigida, loco omnis cibi aut potus, tempore cœnæ oblatus, concionatoribus aliisque recenti raucedine laborantibus, claram & naturalem postridie vocem sæpissime restituit.*

And a Reverend Divine, Dr. Wiat by Name, Minister of Bromham in the County of Wilts, told me, That being very ill at his Stomach (and fearing a Surfeit) after eating Salmon not well boiled, he went immediately into Cold Water, and was presently cured: And in this Case it is also commended by Cornelius Celsus, Galen, and others; and I my self have often been relieved from Wind and Crudity by Swimming in Cold Rivers.

And a certain Arch-Deacon now living, told me, That when he was a Student at Oxford, eating too much fat Venison he found himself extremely ill, and fearing a Surfeit, he went into the Water and swam up and down for the space of near two

Bb 2

Hours,

Hours, and came forth very well and continu'd so.

The same Author of his own Knowledge affirms, and quotes *Piso* and *Alexander Tralianus*, how that many have been cured of the *Stone* and *Gravel* in the Kidneys, by a long, but moderate use of Water drank warm or cold, ——. *Si & frigida vel tepida assumatur; non enim dubitem utramque convenire, imo & calidam, sed frigidam maxime.* And why sometimes they gave the Water warm, (*he says*) because they supposed the Distemper to proceed from a cold Cause, so proceeded according to the Axiom, *Contraria contrariis, &c.* which is not always Orthodox, for very often *similia similibus sanantur, &c.*

And I knew an old Physitian that held the drinking a glass of warm River or Spring Water (that would lather) a little before Dinner, as a great Secret, both to prevent and cure the Stone. And I think I have read some such thing in *Baglivi*, the now Pope's Physician.

He says also that it will cure a *Red-Face*, & *vitia omnia Cutanea*, which he worded so prettily, that I'll here repeat them to make you laugh, Sir John, viz. *Sic qui variegato faciei rubore, Nasoque Carbunculari, & apprime Pustulato (quod plerumque a Bacchi aut Cereris decocti potentioris fuliginosis vaporibus*

ribus evenire solet) in medium prodeunt, &c. And in another place he says positively, that where through extremity of Cold, the Hands and Feet are benumbed, it fails not to cure. *Et quidem nulli præter rationem videri debet, si hic audacter asseram pedes ita sæviente Hyeme contractos & congelatos, ut eorum digiti ad instar stipitis rigescentes appareant, in frigidam aliquoties renovatam mediæ ad minus horæ spatio immersos ad pristinum denuo statum revocari, &c.* Again, sic frigidam Tetanum curare docet Hipp. lib. 5. Aph. 24. Sic Paralyticum ejusdem frigida, Crure, Brachio, Humeroque resolutis, continua & renovata applicatione duarum aut trium horarum spatio, integra & eadem die curatum fuisse a fide digno percepi, &c. And in another place he tells you that Contorsions and Contusions, tho' never so big and swell'd, are curable by Cold Water, &c. in his Verbis. Multo minus absolum videbitur, si hic affirmavero, quod Contorsiones juncturarum, earumque imo & aliarum quarumlibet corporis partium contusiones cum ingentibus tumoribus simili in frigidam immersione longe securius quam per quævis alia Remedia, absque sumptu, sive molestia & temporis jactura citius & certo certius curentur; sic manus & maxime pedes, qui dictis contorsionibus & accidentibus frequentius obnoxii esse solent, ad pristinum robur & firmum gressum

redaci possunt ; imo etiamsi duabus aut tribus horis post dictos, & alios similes fortuitos Casus, sedulo & aliquoties renovando frigidam idipsum fiat, ut hisce oculis non semel vidi, repellendo spatio unius hore Humorem, qui ob prædictam moram plurimis nimis impactus videretur, ut repulsiōi pareret ; & ob contusionem, & nimis ingentem protuberationem suppurandus aut tanquam sanguis extravasatus tractandus esse existimaretur ; ille tamen adhuc hærens in venulis capillaribus dilatatis, & cum carne elatis hac frigida (cum ea discuti nequeat) repellitur, quando non nimis sero applicatur ; quamquam etiam neglecta omni omnino cura, postri-dianam hanc, & æque longam applicationem, ubi tam immanis non erat protuberatio, integre profuisse mihi constet : quæ infortunia cum sæpissime accidunt lignariis, ferrariis, & murariis fabris, & cujusvis generis operariis, felicissimum & obvium illis hoc poterit esse remedium.

And out of Hippocrates he instances abundance of Cases, not only Immerision for the Gout, but in most inveterate Pains of the Head also, & rebellibus defluxionibus auxiliatur, &c.

He gives you the History of an *English Noble-Man*, one *Tobias Matthews*, who for twenty Years laboured under a most violent *Hemicranium*, & diutissime absque intermissione a defluxione pertinaci, in tanta copia
per

per Palatum & nares manante, ut inde strophyla sua semper madide circumferre cogeretur, afflictus fuisset; tam feliciter dicta capitis immersione anno ætatis suæ 60 ab utroque se incommodo liberavit, &c. And he says, that the Gentleman lived to more than 70 Years of Age, and perfectly freed from any Relapse, and that he continued the dipping his Head ever after, and that in the depth of Winter; and that he also advised another *Noble-man* in the same Case to the same Course: *Qui cum longum simili dolore excarnificatus fuisset, hoc agendo modo, seipsum & infinitos deinde similiter affectos, omnium cum applausu integræ sanitati donavit.*

Hæc etiam stabiliri Authoritate Cornelii Celsi patet ex c. 4, & 5. primi libri sui ubi dicit: Eos quibus Caput infirmum est, & assiduis lippitudinibus, gravedinibus, destillationibus & consillis laborant, nihil frigida æque prodesse posse, caputque per æstatem largo Canali aliquamdiu quotidie subjiciendum & perfundendum. Hinc aliquorum pueri qui bene sani sunt, ut tales esse perseverent nudo Capite ab ipsis Crepundiis injuriis externis exponi permittuntur, secundum doctrinam præfati Cornelii Celsi, qui vult ut omnes qui & bene valent & suæ spontis sunt, eis assuescant, & non minus in reliquo vitæ regimine, &c.

He also affirms, that it cures *Tooth-ach*, Inflammation of the *Eyes*, Pains of the *Shoulders*, *Loins*, and *Back*; and by standing in Cold Water above the Legs, it takes off the Pains of *Wind* and *Colick*, and for the curing of *Recent Wounds*, the Bitings of *Mad-dogs*, &c. He has a long Discourse, and seems to back his Arguments with two considerable Substantials, *Reason* and *Experience*.

He also has a very fine Discourse of *Wine-Vinegar*, not only as most admirable in the *Plague*, both in prevention and Cure, (if timely taken) but in the Case of almost all *Poysons*, and especially in that of a *Mad-dog*, which he compares to be much the same, as the *Poyson* of an *Asp*. And because Dr. *Colbatch* has instanced a Case of a *Viper's Bite* cured by *Acids*, I think it not impertinent here to recite it, though 'tis some Digression from my Text of Cold Water. *Cornelius Celsus*. *Nullum Aceto esse prestantius remedium, & Ratione a priori, & experientia ipsa contendit adjuncta adolescentis Historia, qui ictus ab Aspide cum esset, & se in Locum contulisset aqua & omni liquore destitutum, & casualiter Aceti lagenam reperiens, eam evacuando simul & semel & sitim intolerabilem & presentissimum venenum extinxit,*

He

He commends the Herb *Pimpinella* steep'd in Vinegar, both in the *Plague* and other *Poysons*. And Colonel *Roiston*, a Gentleman of *Lancashire*, told me, That when his *Hounds* were at any time bitten by a *Mad-dog*, that he used to give them inwardly the Juice of *Dracuntia* with Vinegar, and also applied it outwardly to the *Bite*, and it seldom failed to cure. But to my Business ;

A Lady in *Lancashire*, of good Quality and Worth, having for some Years laboured under a Complication of Distempers, but chiefly *Nervous* and *Hysterical*, of a thin Habit, very Pale, a decayed Stomach, faint Sweats, and a low languid Pulse, came to *London* by Direction of Sir *Charles Scarborough*, unto whose Lady she was near related, and had in Consultation no less than Ten or Twelve *Physicians* ; she had tried all things triable and probable, but fruitless and in vain, at length when almost at the Brink of the *Grave*, by the Persuasions of Dr. *Tarborough* and my Self, she was prevailed with to go to St. *Mungo's*, a very Cold Spring in *Yorkshire*, and there couragiously immersing, to a Miracle, was in less than a Fort-nights time perfectly restored to her Health, and lived many Years after without any Relapse.

And

And now I am on *St. Mungo's*, (which is a very cold and quick running Spring, but rather too shallow, it being not above three Foot deep, or very little more, and open at the Top, which is a fault,) having the good fortune to meet with that Worthy Gentleman, *Mr. Harrison*, (at the Baths in *Somersetshire*) who is Owner and Proprietor of that *Well*, he was pleas'd to give me an Account of several great and considerable Cures, and those to his own Knowledge; but for farther Confirmation, directed me to write into *Yorkshire*, to the Minister of the Place, which accordingly I did, and here I will insert the Sum of his Answer, *viz.*

Sir, I met with your's on my Road to *York, &c.* I here send you some few instances out of many. But *Timothy Webster*, who Farms the *Well*, thereby having the better opportunity to observe the Cures done, can better furnish you; in the interim be pleas'd to accept of these few Observations, *viz.*

Mrs. Dorothy Coulson, Daughter of *Mrs. Ann Coulson* of *York*, after the *Small-Pox*, got a Burn on her *Foot*, upon which she lost all Sensation in her *Lower Parts*, they becoming *useless* and *benumb'd*, by the use of the Cold Water recovered, so that the next Summer she

he walked from a neighbouring Town, a
ll Mile off, to bathe in the *Well*,

Sir *Henry Slingsby*, late of *Red-House*, I
going to see him, asked him, What benefit
found by Immersion in the *Well*? He
answered, I will shew you; upon which he
hid his Hands upon the Arms of the Chair
in which he sat, (having lost his Limbs) and
raised himself two or three Inches from the
seat; but before the Season was done, was
able to Walk very well; and Mr. *Harrison*
told me, That he saw him at *York*, and that
he went up a pair of Stairs in half Jack-
boots, &c.

Ellen, the Daughter of *Michael Simpson*
of *Alborough*, was through her Lameness
carried in a Chair by two People, and is
now by the use of *Immersion* perfectly reco-
vered to Pristine Health and Strength.

Margaret Smith came from about *New-*
castle in a Cripple-Cart, went on her *Hands*
and *Knees*, but went on Crutches before she
went away; and the next Summer she sent
word that she was perfectly well, and
was in Service.

Mary Wharton of *Cockermouth*, came in
Cripple-Cart, she is now in *Copgrave*, and
has

has been a shearer at Harvest-work several Summers,

Your Servant to Command,

Capgrave, Octo-
ber 9. 1701.

J. Richardson

I my self saw a Man at St. *Mungo* that had totally lost his Limbs, had such a *Torpor* and *Numbness*, that he could not feel an *Awl* or *Pin* run into his Flesh; yet before he went away, could feel a Fly touch his Skin, and I saw him catch a Fly on his Leg with his *Hand*; he was poor, and almost naked; he lay by the Well-side to receive good Peoples Charity, and went into the *Well* (by help) four or five times in a Day.

The aforesaid Gentleman, Mr. *Harrison* told me, That a poor Woman came to St. *Mungo's* in a Cripple-Cart, having by a *Palsy* lost all her *Limbs*; she came from *Leverpool*, or near it, in *Lancashire*, and after some time she came to him, (being a *Justice* of the Peace) desiring a *Pass* to go home into her own *Country*, which is not much short of a hundred Miles. He ask'd her, If she was not the Woman that came sometime since in a Cripple-Cart? She replied, She was, and had been at Harvest-work near a Month, to get a little Money to carry her home; but

in case her Money should fail her, she desired his *Pass*. He asked her, How long time she would take to go home in? She said, That she thought she could go home in a Week very well: Which said he, I much wonder'd at, and the more, because I saw her in so weak and deplorable a Condition.

I knew a Gentleman, both in a *Palsy* and *Rheumatism*, but not so weak, but that he could sit on Horse-back, and that was as much as he could do riding, so that (by reason of his slow Pace) Night overtook him, and in the Dark he fell (Horse and all) into a deep Ditch of Water; he got hold of something, by which he hung, until his Man went, at least a Mile, to fetch a Lanthorn, and brought People to his help, and being by their help remounted, he rode two or three Miles in his *Wet Cloaths*; being come home, he stript, went to bed, slept well, and the next Day found that this Accident proved his Cure, for he got up and went about his Business very well. This Gentleman was a *Physician* himself, but his Distemper coming by the Treachery of the Bottle, being too much a good Fellow, he desired me to conceal his Name, when he gave me lieve to publish the Case.

Dining

Dining at Colonel *Warwick Bampfsey* House, at *Hardington*, in *Somersetshire*, with honest *Harry Moor*, an Apothecary, in Bath (a true *Nathaniel*, in whom there is no Guile) a Woman brought in a Child about five Years old, it could neither Go nor Stand, but would fall all on a Lump like a Clout; (and to the best of my Memory, she told me it never could stand) she being but a poor Woman, asked my Advice, if any thing could be done in her Child's Case? I bid her Dip it over Head and Ears in the coldest *Well* or *Spring Water* she could get, three or four times in a Day, which the poor Woman accordingly did; some time after that, being come again to the Colonel's House with Mr. *Moor*, the Woman came into the Parlour with the Child running in her Hand to my great astonishment; for at that time when I advis'd the Cold Water, looking upon the Case as deplorable, I little thought it would cure it.

The Case of Dr. *Gould's* Son-in-law (now a hopeful and ingenious young Gentleman) is so well known, that I need not mention it, it being a *Chorea*, call'd *St. Vitus's* *Dig*, with strange Gesticulations, was perfectly cured by Cold Water. Which Dr. *Peirce*, in his *Bath Memoirs*, has mention'd.

A Youth

A Youth aged about Twenty Years, long troubled with a stubborn *Quartan Ague*; after many Medicines tried in vain, went into the *Cold Water* just upon the Accession of the *Fit*, and at one Immersion was perfectly cured; but to prevent returns, he continued it some time.


I have known several cured by Cold Immersion in all sorts of *Agues*, which I affirm to be done by the effect of *Concentration*, *Pressure*, and *Contraction*, (of which in another place) and not through *Fear* or *Fright*, because good Swimmers, where there has been no *Terror* or *Apprehensions* on the *Mind*, have been perfectly cured.

Mr. *Hugh Hammersty*, an Eminent Goldsmith in the *Strand*, near *Somerset House*, had a Daughter cured in a *Nerval Case*, where there was an *Aphonia*, and almost a total loss of *Speech*; she was by Cold Immersion in 15 Days perfectly cured: This Case is well known to *Dr. Gibbons*, *Dr. Gould*, and several others.

Of the Cure of *Weak Limbs* and *Rickets* in Children, I could give you a hundred Instances.

James Crook in *Conduit-Court*, in *Long-Acre* over against the *King's Bagnio*, having both *Dropsy*, *Jaundice*, *Palsy*, *Rheumatick-pains*, and an invetrate old *Pain* in his *Back*, (aged about

about 56 or 57 Years) which Pain had been upon him 6 Years: He was a poor Man and formerly (as he said) was a Coachman to his Grace the Duke of Beaufort. This Man was cured to a Miracle; for in three times going into the Cold Bath, the Swellings in his Legs were totally abated and gone, together with that old Pain in his Back, as also the Jaundice, blowing from his Nose a great quantity of a Bilious yellow Matter.

 Note, That in the Dropsy, especially the Anasarca, the Cure may be solved by supposing, that the Frigidity and Pressure of the Water, restraining and contracting the whole Body, squeezing equally alike, from the Peripheria to the Center, the Morbid Fluid was forced from the Habit into the Channels, and by Secretion thrown off by Urine; which was this Case, for he pissed much more than he Drank; but how the Icteric matter should be thrown off by the Nose, he that will tell me that, Erit mihi magnus Apollo.

Mr. Tonstall, belonging to the African House, from a Bed-rid Cripple, was perfectly cured in a short time. I think he told me, he got his Lameness by being Shipwrackt, and standing too long in Salt-Water.

A Scotchman in the Dropsy Ascites, was in a fair way of Recovery when I came from London, May 29th, 1701. and since I heard that

that he is cured : He shew'd me his *Girdle*, with which he made his Observation, and in five Days he was fallen almost *six Inches*, and began to *Piss* freely.

Mrs. *Ride*, Daughter to Mr. *Knight* of *Spittle-Fields*, who was so *Deaf* that she could not hear the *Bells* ring in the *Steeple*, though she passed under them, in a little time was so cured, as to hear the *Clock* strike at half a Miles distance. She had also a *Hemiplegia*, in which she found much benefit, but not cured.

The Case of Mrs. *Wats* of *Leicester*, is most remarkable, who from a *Skeleton*, through an ill Habit, *decayed Stomach*, *Hysterick*, &c. and so tender that she could not endure the *Wind* to blow upon her ; by the use of *Cold Immersion*, is become Strong, Vigorous, and Healthful ; and as I am told, is hardened to that degree, that she walks any where in any Weather, without *wrapping*, or *catching Cold*.

Capt. *Jewell*, a *Dane*, with an incessant pain in his *Stomach*, for a long time, *Melancholick*, and *Hyponchondriack*, after many Effays by other means, was perfectly cured by *Cold Immersion*, in Mr. *Baynes* Bath in *London*.

Mrs. *King* at the Sign of the *Royal Exchange*, in *Leather-Lane*, *Holbourn*, Lame for a long and considerable time, (I think

two or three Years, to the best of my remembrance her Husband told me so) so Lame that she could not stir, but as she was lift in a Chair; it was long e're she could be perswaded unto the use of the *Cold Bath*, but after a few Immersions, she got *Strength*, and now is so well as to walk about her Business.

Mr. Baynes, who lives at the *Cold Bath*, shew'd me a sort of *Register*, which he kept of several sorts of Cures, such as *Asthma's*, *Rheumatisms*, *Rickets*, *Running Gouts*, and most Diseases in the *Skin*; and it seldom or never fails in that cursed Distemper that usually afflicts the finest Women, the *Fluor Albus*.

There is lately discovered a Plant boiled in Broth or Milk, which seldom fails of Cure in that Case.

Now, Sir, I could give you an hundred such *Precedents*, which would be too long and tedious, (and to small purpose :) I will now proceed to two or three very great and most considerable Cures, the *Rariora*, and such as Crown *Psychrolusia*, and are almost incredible, but known *Longe lateque* to all the Countrey.

The first is that great and wonderful Cure, done on Mr. Samuel Crew of Lacock in the County of Wilts, taken *Verbatim* from his own

own Letter, which Letter was written in the Presence of Mr. *Edward Montague*, at *Latham*, in the said County, who very well knew Mr. *Crew*, he being both his Tenant and Neighbour, and often visited him in the time of his extream Illness, &c.

The Letter is as followeth.

I The said *Samual Crew*, about two Years since, was seized with a most intolerable Pain in my right *Elbow*, from thence the Pain went into the *Insteps* of both Feet, thence into my other *Arm*, and the lower end of my *Back-Bone*, thence into the Nape of my *Neck*; but after it had seized my Neck, it spread all over me, not only in my *Joints*, but *Flesh* also, insomuch that the Calf of my *Leg* was contracted as hard as any *Iron-Wedge*, and so continued three Quarters of a Year, with such racking Pains as are inexpressible; my *Belly* seem'd to be clove to my *Back-Bone*, insomuch, that it was all Hollow, like a *Dish*, and would hold Water when I lay upon my Back; my *Fundament* was drawn up three or four Inches into my Body, and I was grown so *Thin*, and extream Poor, that I was *Raw* and *Galled* with lying, and *Lowsy* with

‘ Poverty of *Flesh*, and had such Pains in my
‘ *Ears*, that if a Red-hot Iron had been run
‘ into them, they could not have been worse.
‘ I lay upon my *Back* half a Year, not be-
‘ ing able to stir or move *Hand* or *Foot*
‘ in all that time. In short, the Pain did so
‘ distract me, that I hollow’d and hoop’d
‘ like a *Mad-man*, with extremity of *Misery*,
‘ insomuch that I really thought *Hell* could
‘ not be worse; nor is it possible for any
‘ Tongue to tell, or Pen to write, the Mi-
‘ series I endured. I was worn to a meer
‘ *Skeleton*, and when I went to *Stool*, which
‘ was once in four or five Days, and then forc-
‘ ed by purging Syrups, &c. no Woman
‘ in extream Labour could have more Pain
‘ caused through the Contraction of my Fun-
‘ dament. I had several able *Physicians* with
‘ me, to whom my Case is well known
‘ they prescribed me *Purging*, *Bleeding* much
‘ and very often, they *Sweat* me a whole
‘ Month together, I took *Viper Powders*,
‘ *Crabs Eyes*, *Pearl-Cordials*, *Sal Volatile*,
‘ Spirit of *Sal Armoniack*, Spirit of *Harts*
‘ *Horn*, *Oyl of Tartar*, and several other
‘ *Drops*, and all the Wood-drinks, and all
‘ to no purpose. I went to the *Bath*, and
‘ there bathed, which so encreased my
‘ Pains, that I am well satisfied, one Essay
‘ more in the Bath would have cost me my
‘ Life.

Life, even in the Waters. At last, meeting with Dr. *Baynard*, he perswaded me to go into *Cold Water*, over Head and Ears, every Day fasting, and use the Decoction of *Wild-Sage*, *Ground-Ivy*, *Ground-Pine*, *German-der*, and a little *White Hoar-bound*, acidulated with *Crab-Verjuice*, for my constant Drink, which I did, and in six Days Immersion in the Water, and using the Drink, I was so well, as to walk about my Grounds, all my Pains insensibly vanish'd, my Stomach which was quite lost and decayed, was restored; I got *Strength*, slept sound, my *Flesh* came on, and my *Colour* came into my *Face*.

All this is well known to the Neighbourhood, and Country round, which with my humble Acknowledgments to *Almighty God* for this my great *Cure*, I attest to be literally true.

Witness my Hand

Given at Mr. Montague's
House at Latham, June
2. 1696.

Samuel Crew.

The next *Case* that I shall offer you, is one altogether as surprizing as that of Mr. Crew's, and much more, considering how instantaneously it was perform'd; and indeed it was a *Cure* of that moment, that the Learned Mr. *William Baxter* thought it

worth inserting in his Criticisms upon *Horace*, Epist. XV. where you have the History of that bold Undertaking of *Antonius Musa*, the Physician, to Immerge the Emperor *Augustus*, in Cold Water: *Nam cum dolore Arthritico laboraret, & ad summam maciem perductus esset, &c.* which had such happy Success, that the Senate rewarded him with a profuse Sum of Money: And *Suetonius* says, That the Emperor order'd his Statue to be erected in the Temple of *Æsculapius*, &c. But as to this great Case, I will give you Mr. *Baxter's* own Words, viz. *Rusticus quidam Cognomento Plumbarius in vico vernacule appellato Harrow on the Hill, quod est Herga sive Castra super Colle; qui quidem vicus satis notus est in medio saxonum nostrorum Pago, præsertim vero nobis qui in sacro isto monte Musas primum adivimus. Laborarat hic vix sesquimestri fere spatio immanibus Arthritidis vagæ, Paralyseos, atque etiam spasmatum doloribus, adeo ut neque Pedibus insistere valeret. Plurimis autem incassum tentatis Remediis, imo & Mercuriali saliva inutiliter mota misellus iste tandem (incredibile dictu) ab omnibus istis tam sevis symptomatibus, vel unica in frigidas nostras immersione ex toto liberatus, ad integram sanitatem restitutus est, jussus tamen firmiter efficacie causa iterato bis terve in easdem Aquas se demittere.*

In this Case there was one Passage omitted, which I believe Mr. *Baxter* had no Cognizance of; for Mr. *Robert Montague*, a Worthy Gentleman, who often uses *Cold Baths* himself, and that in the very extremity of Winter, as well as in milder Seasons, told me, (for I was not present the first time he was plung'd in) That with Extremity of Pain when he was stir'd, he saw the Sweat run down the ends of his *Fingers*, and that three or four lusty Men were stript to help him in, and after the space of two or three *Minutes* (if so long) his Pains were abated, and the Man able to come up the Steps himself, &c.

I remember that a *Lady* of very great Quality of *Scotland*, and nearly related to his Grace, Duke *Hamilton*, told me (about four or five Years since) that several of her *Sons*, though Born strong lusty *Children*, yet pin'd, dwindl'd, and fell into *Convulsions*, and died in a little time; and that a *Highland* Woman advis'd her either to Wash or Bath them in *Cold Water*, (I have forgotten which) and accordingly the *Lady* did so, and ever after her *Children* thriv'd, and did well, and are now lusty strong *Young Men*. This, I having had the Honour since to wait upon his Grace, Duke *Hamilton* affirm'd to me to be true, for the *Lady* was his own Sister, and Wife to my Lord *Murry*. C c 4 In

In *Fevers* I have known a great many in my time, who by the over care of their *Health-wrights* were made *Delirious*, and in their *Phrensy* have leap'd into a *Pond*, or any other *Cold Water*, and not one as ever I heard of, ever got any harm, but were thereby presently cured. And Dr. *Willis*, I remember, instances a Case or two, wherein they have recovered by immersing into *Cold Water*, either by Accident or Distraction.

A Learned and Ingenious Gentleman, a *Doctor of Laws*, now living, told me, That being *Light-headed* in a *Fever*, and most intensely *Hot* and *Thirsty*, got from his *Nurse*, and rush'd into a *Horse-Pond* in the *Yard*, and there stay'd above half an Hour; it brought him presently to his *Senses*, and allay'd both his *Heat* and *Thirst*. After which, when in *Bed*, he fell into a sound *Sleep*, and when he awaked (in a great *Sweat*) he found he was *Well*, but complain'd of a great *Pain* in his *Head* for some time after, which he himself thinks proceeded from not wetting his *Head*.

Mr. *Carr*, the present *School-Master* of *Marlborough*, told me, That he recover'd when given over in a *Fever*, by drinking a large Quantity of *Cold Spring Water*. And that I have known in twenty such Cases in my

my time, but that is not to be depended upon, for some have also recovered by a quite contrary Method, as drinking strong fermented *Liquors*, as *Cyder*, *Sack*, *Claret*, &c. in large Quantities. See *Harmannus vander Heyden de usu aq. fontanae & feri Lactis*.

A *Turk* (a Servant to a Gentleman) falling Sick of a *Fever*, some one of the *Tribe* of *Treacle-Conners*, (being call'd in) whether *Apothecary* or *Physician*, I can't tell, but, (according to Custom) what between *Blister* and *Bolus*, they soon made him *Mad*. A Country-man of his, that came to visit him, seeing him in that *Broiling* Condition, said nothing, but in the Night-time by some confederate *Help* got him down to the *Thames-side*, and soundly *duckt* him: The Fellow came home sensible, and went to Bed, and the next Day he was perfectly well. This Story was attested to me by two or three Gentlemen of undoubted Integrity and Worth; and I doubt it not, but believe it from the greater Probability; for I'll hold ten to one on the *Thames-side* against *Treacle*, at any time.

Dr. *Tarborough* told me, That his Kinsman, Sir *Thomas Tarborough*, sent him a Letter from *Rome*, wherein he gave him an Account of a *Foot-man* of his, who when delirous in the *Small Pox*, got from his Bed,
and

and in his Shirt run into a *Grotto* of a Cardinal's, where there was Water, in which he plung'd himself, but was presently got out; the *Small Pox* seem'd to be *sunk* and *struck* in, but upon his going to Bed they came out very kindly, and he safely recovered.

But my Worthy and Learned Friend, Dr. Cole, shew'd me an Account from an Apothecary in *Worcestershire*, whose Name (I think) was Mr. *Matthews*; the Substance of which was, That a Young Man delirious in the *Small Pox*, when his *Nurse* was asleep, jump'd out of Bed, run down Stairs, and went into a *Pond*, the Noise awak'd the *Nurse*, who follow'd with an out-cry, which out-cry rais'd the *Posse* of the Family, who surrounded the *Pond*, but he parled with them, and told them, that if any body came in, he would certainly *Drown* 'em, and that he would come out when he saw his own time; and accordingly did so, and walkt up Stairs, and sat (in his *wet* Shirt) upon a Chest by the Bed-side; in which Posture Mr. *Matthews* found him when he came into the Chamber. Note here, That the *Apothecary* liv'd three or four Miles from the place, and he was in the *Water* and on the *Chest* all that while in his *wet* Shirt, that the Messenger was gone for him. This *Apothecary*, Mr. *Mat-*

Matthews (for so I take his Name) ask'd him, How he did? He answered, Pretty well. He ask'd him, If he would have a clean Shirt, and go into Bed? He said, By and by he would; which accordingly he did. When in Bed, he ask'd the Apothecary, If he had nothing good in his Pocket, for he was a little faintish? He said, That he had a *Cordial*, of which he drank a good Draught, so went to Sleep, and awaked very well, and in a little time recovered. Now, as Dr. *Cole* observ'd very well, A Man, quoth he, would not advise his *Patients* in such a Case to go into *Cold Water*, though this Man escaped without Injury; but it gives a good occasion to Reflect on the many Mischiefs that attend the *Small Pox* in the *Hot Regimen*, since such extravagant and intense *Cold* does so little or no harm.

Dr. *Dover*, of *Bristol*, told me of a Vintner's Drawer in *Oxford*, that in the *Small Pox* went into a great Tub of Water, and there sat, at least, two Hours, and yet the Fellow recovered, and did well.

A Gentleman delirous in the *Small Pox*, run in his Shirt in the *Snow*, at least, a Mile, and knock'd them up in the House where he went, they being all in Bed, the *Small Pox* sunk, yet by the benefit of a Looseness he recover'd.

I re-

I remember about two Years since, a Learned Gentleman, a *Divine*, told me, That in the Country, where he was Beneficed, in a small Town, not far from him, many died of a *Malignant Small Pox*. A certain Boy, a Farmer's Son, was seized with a Pain in his *Head* and *Back*, vomited, was feverish, &c. and had all the *Symptoms* of the *Small Pox*. This Youth had promised some of his Comrades to go a Swimming with them that Day, which notwithstanding his Illness, he was resolved to go, and did so, but never heard more of his *Small Pox*. Within three or four Days, the *Father* was seiz'd just as the *Son* was, and he was resolv'd to take *Jack's* Remedy; his *Wife* dissuaded him from it, but he was resolv'd upon it, and did Immerge in *Cold Water*, and was after it very well. The Worthy Gentleman that told me this Story, promised to give me it in writing, with the Persons Names and Place; but I neglecting of it, he went out of *Town* in two or three Days, so I lost the opportunity of being better inform'd.

Mr. *Lambert*, Brother to my Worthy Friend, Mr. *Edmond Lambert*, of *Boyton*, in the County of *Wilts*, told me, That when he was at School in *Dorsetshire*, at least thirty or more of the Boys, one after another,

ther, fell Sick of the *Small Pox*, and that the Nurse gave them nothing else but *Milk* and *Apples* in the whole Course, and they all recovered. There was but one dissenting Boy from that Method, who by command from his Parents, went another Course, and he had like to have died; nay, with very great difficulty they saved his *Life*. And since another Gentleman told me, That himself, and divers others, were cured by *Milk* and *Apples*, and butter'd *Apples*, in the worst sort of *Small Pox*.

I was at *Chiswick*, and sometimes in *London*, in the time of the great *Plague*, in the Year 1665. and I very well remember, that it was the Talk of the Town, that a Brewer's Servant at *Horsleydown*, in *Southwark*, was seized with it, and in his *Delirium* run into a *Horse-Pond*, first drank his fill, and then fell fast asleep with his Head upon the Pond's Brink, where he was found in the Morning; how long he had been in the Pond, no body knew, for it was in the Night he went into the Water, and had no Nurse then with him, but he recovered to a Miracle.

I heard also about that time of a Nurse taken with the *Plague*, that accidentally fell into a *Well*, somewhere near *Acton*, and was immediately brought to her Senses and recover'd. I was told this by some *Acton-men*.
Note,

Note, That during the time of the *Plague*, there was such a general *Calm* and *Serenity* of Weather, as if *Wind* and *Rain* also had been banish'd the Realm, for, for many Weeks together I could not observe the least breath of Wind, not enough to stir a Weather-Cock or Vane, if any, it was Southerly: the Fires with great difficulty were made to burn, I suppose, through the great scarcity of *Nitre* in the *Air*, there fell abundance of *Mildews*, and the very Birds would pant for Breath, especially *Crows*, *Kites*, &c. and I observ'd them to Fly more *heavily* than at other times. It was observ'd also, that such as dwelt in *Water-Mills*, and kept home also, *Water-Men*, *Barge-Men*, &c. that were employed on the *River*, were not at all, or rarely infected with the *Plague*. I remember that I heard an Apothecary say, (I think it was Mr. *Thomas Soaper*) who lived then on *London-Bridge*, (an ingenious, sober Man) that there were but *two Persons* died on the Bridge in the whole time of the *Visitation*. The Truth of this may easily be inquired into, there being many Men now alive, that then lived on the *Bridge*, or near it. At that time People were generally *Faint*, and proclive to *Sweat*, creeping low *Pulses*, but when first infected, very high. *Dr. Hodges*, an Eminent *Physician*, then in
Lon-

London, Author of an Ingenious Book, *De Peste*, with whom I used to drink a *Bottle*, told me, That he distinguished the *Plague-spots* from those of the *Scurvy*, by running a *Pin* up to the head in them, for they were mortified and indolent, &c.

Now, how *Cold Water* should cure the *Plague*, is past my *Philosophy*; but if these Relations were true, we must concede to it, for there can be nothing said against *Fact*: Now a sudden *Plunge* and *Immersion* into very *Cold Water*, where there is a great Quantity of it, must be the greatest *Alterative* in Nature, for it must give a new Motion to all the *Spirits*, both from its *Frigidity* as well as *Pressure*, by driving them from their *Posts* to another *Action*; for I conceive *Life* to be an actual *Flame*, as much *Flame* as any *Culinary Flame* is, but fed with its peculiar and proper *Pabulum*, made out of the *Blood* and *Spirits* for that purpose: and my Reasons are these, viz.

First, *Life* is as extinguishable as any other *Flame* is, by excluding the *Air*, &c. for hold your *Handkerchief* close to the Mouth and Nose of any *Animal* that has Lungs, and *Life* is put out, the Creature is dead in a *Moment*; there is no Skin broke,
nor

nor Bone broke ; no Wound, nor Bruise ; there is your whole Man , but dead he is.

Secondly, No Flame will burn without *Aereal Niter*, or a *Quid Aerium*, whatever it be ; some will have it a mix'd Gas of Niter and Sulphur ; but whatever it be, 'tis *causa sine qua non*, something without which no Flame will burn : and that the *Lungs* serve to this use, and are *Air-Strainers*, is very clear to me , by that Experiment of the Candle and two Puppy-dogs, put into a great Oven, and stopt close up with a *Glass-door* to see through ; and in a little time, when they had suck'd in some, and the Candle wasted the rest of the *Niter*, the Dogs died, and the Candle went out with them at the same instant *. That

* Note, This Experiment of the Dogs and Candle I did not try my self, but have very good Authority for the truth of it. Those that doubt it may try it.

Five burns fiercest in intense Frost, is past all dispute, which must be allowed to proceed from the vast quantity of *Volatile Niter* then in the Air.

Hence came the use of *Bellows* to draw the *Aereal Niter* in at the *Valve* or *Clack*, (placed in the middle of the under Battle-door of the *Bellows*) which closing by the Pressure of the Hand, squeezeth

eth it out of the *Rostrum* or Nose, together with the Air its vehicle, so forces it by the blast into the *Sulphur* of the *Coal*; which Action by their Union makes *Accension*, or that which we call kindling. Now all *Ustion*, as the *quid inflammabile* wafts, leaves by Incineration *Alcalious* and *Caustical* Salts, either fix'd or volatile, which from their Figure or imbibed Fire, become of a pungent *Corrosive* Nature, and fix upon the *Membranes*, being *Nervous* and most exquisite of Sense and Perception, which by Irritation cause a light *Inflammation*, which Inflammation is called *Thirst*; which Salts hang on all the *Membranes* less or more, but chiefly about the *Mouth* and *Tongue*, there being most Harbour and Shelter for them, by reason of its downy and lanuginous Membrane: which *Salts* are melted and wash'd off by *Drinking*, the grosser by *Stool* with the solid Excrements, but those of more *volatile* and *subtile* *Particles* creep with the *Chyle* into the *Blood*, and have no way out but by *Urine*. Hence Water is the best *menstruum* to dissolve *Salts*; and that which is most Simple and Elementary is the best *Water*, as least impregnated: such Waters wash off and dissolve their Points and Angles, by which they prick, sheath and invellop them into their own

Pores, and with themselves run them off by *Urine*; but if so forced by *Heat* and *Motion*, as to disturb them in their Passage, the Current of *Urine* is check'd, and the *Salts* leave their hold of the *Water*, shock their Vortex, and from the *Channels* get imbedded in the Habit of the *Body*, which if not dissolved, melted, and thrown off by *Sweat*, they inflame and cause *Fevers*, &c. nor will they cease their Action and Inquietude, until they are totally dissolv'd, or forced back into their common Passages, and the *Salts* precipitated and run down by *Urine*: for I look upon the *Pores* and *Sweat-vents* as so many *Backdoors* and *Sally-ports*, by which Nature drives out the *Enemy* crept into her *Garrison*. This truth is demonstrated in all *Fevers*, where the *Caustical Salts* are not wash'd off, but remain behind on the *Glands* and *Membranes*, forsaken of their dissolving *Menstruum*, the *Water*, &c. which that Ingenious Chymist, Mr. George Moutt, by Chymical Analysis made appear in six Quarts of *Febrile Urine*, which I sent him, and he found but the thirtieth part of those *Salts* usually found in a sound Man's *Urine*: so that of necessity they must remain behind, and be left (like so many *French Dragoons*) to Quarter on the *Blood* and *Spirits* at Discretion. The History of which is printed in the *Philosophical Transactions* some years since. Now,

Now, that which we call insensible *Per-
piration* is nothing else but the *Smoak*, made
from this vital *Flame*, and the Pores are the
Spiramenta through which it passes, and
when these are *stop'd*, the *Smoak* is return'd,
and the *Flame* becomes *reverberatory*, which
sometimes is necessary to force an *Obstru-
ction*, &c. for the *Body* has its *Registers* and
Vent-holes as well as other *Furnaces*; and in
this Case *Cold Water* is the best Method of
doing it, which must not be continued too
long, for fear of *Extinction* in very weak
Bodies; though I am apt to believe, that
upon a total *Occlusion* of the *External*
Pores, a great part of that *Smoak* goes
through the *Lungs*, and out at the *Mouth*,
otherwise Men could not continue so long
in *Cold Water*, as some *Ship-wrack'd* Men
have done: And to prove this, if when you
are up to the *Chin* in *Cold Water*, you
breathe through a short *Trunk* or hollow
Cane, your *Breath* shall foil a *Looking-
Glass* at almost twice the distance, as it shall,
when the *Pressure* is taken off, and you out
of the *Water*, &c. But to proceed, these
Salts sometimes *CrySTALLize*, so that the com-
mon *Menstrua* will not touch them no more
than a *File* will *Steel* or hardned *Iron*, and
then it is a true *Diabetes*, (and here the *Phy-
sician* is at his *Wits end*, and that no far

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Jour-

Journey;) then Hey! for Lime-water, Quince-wine, and other Restringtons, which if it were possible, would rather make a *Coalescence*, and tye the Knot the harder; no, the Cure lies in Solution, by melting down the Salts, which must be done by open, raw, and unimpregnated *Menstrua* such as the *Bristol-Waters* are, as most *Simple*, having the least *Contents* in them, they being nothing else but Waters distill'd by Subterranean Heats in those vast Mountainous, Rocky *Caverns* and *Ovens*, and finding Lodgments and Gutters in the Clefts of those hollow Rocks, which when full, run over, and by Circulation and constant Distillations, are perpetually supply'd, and make a continual *Spring*, &c. But more of this in another Piece I design to publish when my other occasions will give me leave. I shall here only add two Letters from Mr. *Mott*, to my Ingenious Friend, Major *Hanbury*, concerning the wonderful Cure of the *Gout* in Sir *Henry Conningsby*, as also an Account from Sir *Henry* himself to Mr. *Mott*, which I now have sent last Post to me from the Major.

From

From Mr. Mott to Major Hanbury.
Bewdly, June 3. 1701.

S I R,
Y Our's of the 24th of May I received,
but it had the misfortune to come by
the *Lame Post*, or else you had sooner re-
ceived an Answer, &c. Yesterday, accord-
ing to your desire, I waited on Sir *Henry*
Coningsby, who gave me as pleasant and as
agreeable Entertainment, as could have
been expected from an Ingenious Gentleman
of Thirty Years of Age, had he not wanted
the Use of his *Legs*, which is the only Defici-
ency in him, his *Intellects* being as sound and
firm as ever, which you may partly perceive
by the Account he gives of his *own Case* writ-
ten with his *own Hand*. He is now in the 88th
Year of his *Age*, and yet takes away 16 or 18
Ounces of *Blood*, once every three Months,
and drinks nothing but *Spring Water*, and
now and then a little *Brandy*. He farther
acquainted me, That his Fingers and Toes
being full of *Chalk-Stones*, (the Remains of
Gouty Paroxysms) they were totally *dissol-*
ved and *gone*, and those Parts restored to
their natural Size by the use of his *Cold*
Bath, which the old Knight is positive, will
D d 3 infalli-

infallibly Cure that Distemper in any Person, he having had no Fit for several Years. These, Sir, are the most material things I could inform my self of; and in any thing else, &c. Command,

S I R,

Your much obliged humble Servant,

T. Mott.

*From Major Hanbury in London,
to Dr. Baynard at the Bath,
June 10th, 1701.*

Dear Doctor,

THIS I received from Mr. Mott of Bewdley in Worcestershire, within three Miles of Sir Henry Coningsby's: I wrote to Mr. Mott, not being sure that Sir Henry was living, but he is, and I have sent you a Paper writ with his own Hand, being his own Case.

His Weakness now in his Legs, is from his Age, and former Gout, but not in the least Paralytick: I wish this come in your time.

ime. If you have received this, let me know by a Line directed for me at *Richard's Coffee-House, Temple-Bar.*

I am your faithful, &c.

John Hanbury.

A Letter from Sir Henry Coningsby to Mr. Mott, giving an Account of his own Case, and written by his own Hand.

WHEN I was about Thirty Years old, all my Lower Parts were seized with a *Numbness*. I applied my self to the Doctors, such as Sir *Theodore Mayerne*, Dr. *Winston*, Dr. *Prujean*, and others the most Eminent of that Age, they all said that it was a *Paralytick Case*. Dr. *Mayerne* said it must be fetch'd *ab intimis ac interioribus*. They ply'd me with several Medicines and Sweatings, but would not let me *Blood*, which so firmly fixed the Distemper, that I had no outward Feeling, insomuch that *Nettles* would not Sting me, nor outward Heat, as Cloths, &c. could make me Warm. I

continued under their Hands some Years, still for the worse; indeed I could lamely walk, but rather by Custom than Sense.

Thus tired in Body, Mind, and Purse, I gave them over, and resolv'd upon just Contraries; I let Blood once a Month, used all the Cold means; I went into the Cold Spring at all times of the Year, but first in the Summer.

The first time I went into the Cold Spring, it blotch'd me in one place, and so every Day more and more by Pimples rising, and then drying away. It gently excoriated the first Skin, opened the Pores, and restored me to natural Heat, and so ever since I have continued my own Doctor for this Forty Years.

Note, That I first went to St. Winifred's Well for a Month, but for want of Faith, her Saint-ship did me no good nor hurt; but the first time I went into the Well in my own Garden, I found the happy Operation.

Henry Coningsby.

My Service to Mr. Hanbury,

Vera Copia.

A Let-

*A Letter from Dr. Bettenson of the
Bath to Dr. Baynard, June 17th,
1701.*

Dear Doctor,

UNDERSTANDING that you are writing something concerning *Cold Immersion*, I thought it not Impertinent to give you an Account of what happen'd to a Servant of mine, that had been troubled with a Cough, which himself, (and all that knew him) thought would in a little time put an end to his Life. He had had it about a quarter of a Year, or somewhat longer, without any Relief from what he had taken; but going over a narrow Bridge in Frosty Weather, he fell over it into the Water, covered with Ice, in which he stood with his Mouth just above the Water, and made his way out as soon as he could; when he came home, he got a warm Shirt, took some Broth, or other warm Liquor, slept well that Night, the next Day found his Cough almost gone, and within a very few Days was altogether free from it. He is a sober, creditable Fellow, yet living, and can attest the same.

This

This happen'd before I knew him. I am,
Doctor,

Yours,

R. Bettenfon.

The same Man having the *Small Pox* when he was a School-Boy, after they had been out a Day or two, rose out of his Bed, put on his Cloaths, and played with other Boys, on which the *Small Pox* disappear'd, a purging followed, and continued a Fortnight, by means of that he escaped and was well.

A Gentleman that was my Patient here last Year, told me, That about Three Years since he had taken Cold, on which follow'd a Cough and Shortness of Breath, this continued about a quarter of a Year, he spit with it, and was emaciated and weaken'd so much, that he walked very feebly. Going to see some Friends near St. *Mungah's* Well, he bathed there, and in three or four times doing so, was freed from his Cough, and in a short time recovered his Flesh and Strength, &c. as by bathing in these hot Baths, and drinking these Waters, he recover'd that Pain and Weakness of Limbs, which Rheumatism and Scur-

Scurvey had left, &c. and I heard lately he is very healthful and well.

R. Bettenson.

My dear Doctor,

A Ccording to your Commands I have (though very imperfectly) sent you the best Account of the Cold Bath's Virtues, received by several of our Parish.

Imprimis, John Plummer, Tenant to Richard Page, Esquire, of Uxendon in Parochia de Harrow, &c. which you have already taken notice of.

2dly William Taylor, my Footman, put to a Carpenter in our Parish, in the Hamlet of Pinner, who served about 3 Years, was seized with a Rheumatism in all his Joints; the Physicians were consulted, they took away much Blood, and directed a spare Diet, viz. Water-Gruel, &c. for about two Months, which proved ineffectual. He was sent home to his Indigent Parents to be taken care of; by their Advice I sent him to the Cold Bath, and in less than a Months time he returned to

to his Master, and has continued well and lusty without Pains, (which is two Years since) and is (who was a Durgen before) become a stout proper Fellow.

Thirdly, Samuel Greenbill my next Neighbour, and a Man of a good Estate of his own, and Rents about 150*l. per Annum*; was seiz'd, as I think, in *May* last with the Rheumatism in every Joint, and continued so (though he had the help of several Physicians) for at least six Weeks. He was wrapp'd up in Flannel, and not able to move without the assistance of several Persons to help him. I directed him (by your Advice) to the Cold Bath. The day following he had my Coach, and bolstered up with Pillows for his Conveyance, and immediately upon his arrival, (with a little respite after the Fatigue of his Journey) was put into the Chair, and let into the Bath; before three minutes were over he was brought up again; he then walk'd up Stairs, and in an Hours time walk'd to *Clare-Market* to his Lodgings, at a Kinsman's: He had not before this Virtue receiv'd, been able to stir, yet in less than a Fortnights time he recover'd his Health, and follow'd his Plowing, and is free this instant from Pains, and all his Swellings; tho' every
Joint

Joint was as big as if blown up by a Bladder, yet were they reduced to their usual bigness; he had no Stomach, but the first Night after he walked to *Clare-Market*, eat a very plentiful Supper of Flesh (which he nauseated from the first time of his illness.) I could add more, but I have had a Glass of Wine too much.

Fourthly, Your humble Servant was visited with the same Distemper about three Years since; he had no more than one Physician, (but never without one for six Weeks together); he never stirred in his Bed without the help of six Persons to remove him (though 'twas but one Inch); they took away, at least, 170 Ounces of Blood, and had no other Diet than one or two at the most, of Water-Gruel, or Milk-Pottage for that time. He was able by pursuing of the above Directions to go upon Crutches; but coming to Town about a Week after, I went to the Cold Bath, and by the first going in, I was able without the help of Supporters to come to my Lodgings, and within a few Days was restored to perfect Health; and when the Pains have returned, by making use of the Water I have found the same Relief.

Fifthly, *S. Lathwell* this Winter has been very bad with the like ail, but in less than
a

a Fortnights time was restored to the use of his Limbs, and is now well.

S I R,

If you and I were together, I could have given better Satisfaction than what you will meet withal from this Paper. I hope you will not Print it till I see you, (though I think I may swear to every particular). This is all the trouble at present you shall receive from

Your humble Servant,

March 9. 1701.

Edw. Waldo.

I have observed many times, that those who use *Cold Baths*, are not so *Dry* and *Thirsty* as other People are; nay altho' very *Thirsty* when they got into them, yet after a little time their *Thirst* shall *vanish* and *abate*. Discoursing on this Subject with my learned Friend, Dr. *Dring* of *Sherbourn* in *Dorsetshire*, he told me, That he had read one *Alexander Aphrodisius*, a Physician, who affirms the same thing.

And here I may very pertinently let you know (Sir *John*,) what my learned and good Friend, Dr. *Savery* of *Marlborough* in *Com. Wilts*, told me on this Head, and (by good

good luck) I have just now (unlookt for) found his Letter written to me two or three Years since, as I guess, for it is without Date; and that part of his Letter which relates to this Subject, I have here transcribed. His Words are these, *viz.*

‘ A few Days since, talking with a Country-fellow of tolerable Sense, about what
‘ would procure a Stomach to Eat; one
‘ proposed *taking the Air*; another *Riding*;
‘ a third *Old Hock*. Come, come! says my
‘ Fellow, I have tried all those *ways* you
‘ talk of, but nothing is like going a Fish-
‘ ing up to the *Chin* in *Water* for an Hour
‘ or two, that will get you a Stomach I’ll
‘ warrant you, nor am I *Dry*, &c. Dear
‘ Doctor I am

Your’s

S. Savery.

Now, to solve this *Phenomenon*, and give a tolerable reason how Standing or Swimming in *Cold Water* should quench *Thirst*, since it will not be allow’d that it enters the *Pores* of the Skin; if it did, it could not get into the *Blood-vessels*, and dilute the Salts there; no, I think there is

is but this one reason for it, which must serve until some body offers me a better, *viz.*

That the sudden plunge into *Cold Water*, causes a very sudden Contraction, which Contraction driving the *Spirits* and *Fluids* from their present *Action*, *Posture*, or *Posture* they were in, may either dislodge the *Salts*, or change their *Figure*, for they do not cause *Thirst* until they settle, and sting, and prick the *Membrane*; for whilst they are swimming in the *Fluid*, they are muzzled and invelliped in the clammy and glutinous Parts of the *Menstruum*. Now, though the *Salts* are settled, and *Thirst* is really commenced, yet by pressing the Fluid out of the *Habit* into the *Channels*, must scower and wash off the *Salts* in the Current, and precipitate them by *Urine*; for we see *Horses*, and all other Animals, generally *Piss* when they come into *Cold Water*, which is done by contracting the Parts, &c. Or else the Reason must be this, all Water *evaporates* continually, and the higher those aqueous *Streams* rise from the Surface of the Water, the more dilated and separated they are, and mix'd with the *Air*; and consequently by the Beams of Light, which is expanded *Fire*, are heated so, that they are not so apt to cool the inflam'd and thirst stung *Membrane*.

Now,

Now, when a Man is up to the *Chin* in water, his *Mouth* is so very near the *Surface*, that he sucks them into his *Lungs*, whilst the *Steam*s are *cool*, *crowded*, and *conglomerate*; is also by sucking in the cold *Air* with them, they may condense in the *Mouth*, and moisten it, so render the *clammy* Spittle more *fluid*, and help to facilitate *Deglutition*, &c.

I could wish that the *Chance-mongers* of our *Hap-nap-faculty* would *Read* less, and *Think* more; at least improve that *Reading* by *Thinking*, and not take a parcel of *Stuff* upon *Tick*, and Bury their Patients in a *Tomb* of *Book-Plunder*: They may as well prescribe the powder of an old fashion'd *Bed-Post*, as some of *Old Nicholas's* Receipts, &c. and to learn to know *Plants* more, and *Compound* ess, which is the great *Asylum* of Ignorance, blended and mixt up with *Knavery*. I remember, when I was at *Leyden* in *Holland*, not much short of 40 Years since, walking in the *Physick-Garden*, a *Scotch Gentleman*, a *Student* there, asked the Professor, *Franciscus de la Boe Sylvius*, What *Absinthium marinum* was good for? The Professor smilingly ask'd him, What *Country-man* he was? He answer'd, *Scoto-Britannus*. He ask'd him, If in their *Metropolis*, *Edenburgh*, they had not such a *Punishment* as the *Boot* to extort *Confession* from the stubborn *Criminals*? He answer'd,

E e

Yes.

Yes. Why, then quoth *Sylvius*, take this *Plant* in his luxuriant Season, Root and Branch, and clap him into the *Boot*, and squeeze it hard, for without it *confesses*, I doubt neither *Thee* nor I shall ever (truly) know what his Vertues are. The Moral is plain.

If a Man rightly considers the *Sympathies* and *Antipathies* between all created Beings, the mysterious and unaccountable *Ferments*, things broken and mixt have within themselves; How often we mistake, even in our greatest Care, and take *non causa, pro causa*, and give that praise to the Medicine, which is more often due to Nature, and a good Constitution; If we consider but that one Composition of *Gunpowder*, how nice it is; first no *Coal* will do but *Willow* or *Alder*, and that new burnt too, while the *fiery* Particles are in it, and such and such due Proportions of *Peter* and *Brimstone*; if you take away a third of these, or abate in never so small a Quantity, or add never so little of a fourth thing, 'tis all spoil'd; how it must be granulated and corn'd that the *Air* may lodge in the *interstices*, or else it will Piz, but not explode, as we may see in the bruised Dust, of which they make *Rockets* and *Serpents*.

Now 'tis past doubt, that the same Parity of Reason lies in all Compounds, if we could find it

out; every Plant which we call Simple,
 compounded by the unfearchable Wisdom
 the great Compounder; for what can we
 say, when we find that the Root, Stalks,
 Leaves, Flowers, and Seeds, in many Plants
 have their different *Tastes*, and different *Vir-*
es; why should the Flowers of the *Sloe-*
tree purge, and the Fruit bind? so of the
Guince and *Medlar*, &c. All that remains,
 let Men endeavour to know as much as
 they can, and be honest in that Knowledge.
 As for my own part, if I could wish or blow a
 Man well, I would do it without Medicine:
 I have I thank God a great deal of *Pity* and
compassion in my Nature, and cannot be
 silent, whilst I see another in *Pain* and *Mise-*
ry. And if I could but establish some few
 certainties in my Profession for the good of
 Mankind, I did not care, tho' I my self
 went as naked as I was born, to my Grave.
 I hope, Sir *John*, you, and all good Men
 of my mind, and if every one
 could do a little, each set his Hand to the
 plow, and be Sincere, Faithful, and Honest
 in what they discover, it would be pleasing
 to God, and beneficial to *Man*. I design to
 go into *Lancashire* when the Season is over
 the Bath, to see my old Friends once
 more before I die. I spent the best part of
 my Youth among them, so can't but have a

Love and Respect for them; and in my Journey shall call at *Litchfield*, to pay that Respect to Sir *John Floyer*, which is due from his

Most humble and obliged Servant,

Edw. Baynard

POSTSCRIPT.

I Had (Sir *John*) almost forgotten two or three remarkable Passages in our *Cold Regimen*, which should not have been omitted, because those Cases frequently occur. The first is in weakness of the *Penis* and lost *Erection*, often through ill cured *Gonorrhæa's* and *Gleets*, &c. And sometimes by that cursed School wickedness of *Masturbation*, (*res fæda dicta*) by which many a young Gentleman has been for ever undone, which so weakens the Parts, that when they come to Manhood renders them (to Women ridiculous, because) Impotent; a Vice condemn'd by the Heathen Poets, &c. as *Martial*, Epigram. in *Ponticum*, &c. such, I say, I have known perfectly cured, and made Potent ad —, &c. when all other

ther Remedies have fail'd, nay, and after
ome Years standing, when the Case has
een old, and no hopes of Cure ever ex-
ected; where the *Cremaster's*, the Muscles of
their *Testimonies*, have been weak, and the
Clock-weights of their *Hearts* sunk and
ung low, &c. there I say, in more than
Twenty such Cases the Cold Water (toge-
ner with a very little other help) has
ound up their Watch, and set their *Pen-
ulum in statu quo*, &c. One History where-
of is most remarkable of a certain Gentle-
man well-known about Town for his great
strength and Courage, (since kill'd in a
Duel) who was not shy of his unhappy Dis-
ter, after taking all the Clap-Courses over
and over to no purpose, but to his Destru-
tion, by needless repeated *Bleeding* and *Purg-
ing*, which brought him down almost to the
brink of the *Grave*: he sent for me to con-
ult me in his Case, which was a violent
fleet and lost *Erection*, of four Years stand-
ing, and not above 29 or 30 Years of Age.
I told him I would try what I could do for
him; in order whereunto, I bid him go in-
to the Country, out of the sight of any *Wo-
men*, and find out some very *Cold Spring* or
River, where he should first plunge over-
head, then put on his Shirt, Coat and Hat,
to prevent catching Cold from the Wind

and Air, and sit up to the Waist for an Hour at least, Night and Morning, and for a Month drink nothing but new Milk twice a Day sweeten'd with Sugar of Roses; Noon eat well-roasted-Mutton with Cold Salads, as *Cucumbers, Lettice, Parslane,* &c. and drink nothing but *Spring-Water* with a little *Claret-Wine*, and at Night wrap up his *Whore-Tackle* in a Linnen-Cloath, wash it in strong Vinegar and Claret-Wine, and go to Sleep; which Directions he punctually observed, and in less than 14 Days he was as well as ever he was in his Life; but doubt returned to his old Trade, and was debilitated as much as ever. And in several others, I have found nothing better than *Cold Immersion* to invigorate and strengthen all those Parts, nay, even when the Patient has been reduced almost to *Despair*, and some to *Distraction*, their Heads running perpetually on the Ruin of themselves and their Posterity. And I must say, that through the many miserable Spectacles, and such deplorable Cases I have seen, that *Poxes and Claps, &c.* is the greatest Curse that can befall a Man in this Life. And I here declare, as old as I am, rather than have any Infirmity in that Corner of my *Microcosm*. I would chuse to be hang'd this moment for a Man does not only Ruin himself, but

Decl

Docks the *Intail* of his own *Blood*, and brings a *ne plus ultra* on his *Name* and *Family*; so that one false Step in the *Whoring-Adventurer* is the Ruin of the whole Cargo of *Boys* and *Girls*. And therefore *Sylvius*'s Definition of the *Pox* was the best I ever met with, having *Brevity*, *Perspicuity*, and *Verity*, when he call'd it,
Flagellum Dei in Scortatores.

It may be objected here, that some that have had the *Pox* have begotten sound Children. I grant it, such as have appeared so at least, yet it has lain smothered in their *Bloods*; and either such Children, when grown up, have proved sickly and weak, or their Children been *Rickety*, *King's-Evil'd*, or *Consumptive*; for the *Shakes* and *Girds* strong Physick gives the *Human Fabrick*, must loosen some *Rivets* and *Pins*, as I may say, that should go to the fastening of the Foundation of his *Family*: So true is that saying of *Galen*, Lib. de sectis prope finem.

Neque impune posse administrari remedia, cum omnia præter naturam sint, ob idque naturales facultates infestent, nec possint adeo morbosas Causas rescindere, quin una illis aliquid etiam benigne substantiæ rapiant.

And this is that, which causes no good Texture in our Off-spring. Hence, the complaints

plaints of *Mala stamina vite*, when the *Web* and the *Woof* are not well struck together. How many Children have I heard (from their bitterness of Soul) curse their Parent for begetting them, the wretched Heirs apparent to *Pills, Potions, and Posset-drink*, dwindling out the sputtering *Snuff of Life* in Pain and Misery, and spending their little Substance among *Physick-Harpies*, and their ravenous Attendants *Nurses, Quacks, Apothecaries, &c.* Were I a young *Woman*, I think I should very well be acquainted with my *Man*, and his *Manners* too, ere I ventured on the *Voyage-Life*, in the *Ship Matrimony*; and *è contrario*, the *Man* sometimes has been *Shipwrack'd* on as *Rotten a Bottom, &c.* In this wretched Condition, I find some of our *English-men*, and those of the best Quality, in the time of *Henricus ab Heers*, frequented the *Spaws* in *Germany*, in hopes of a cure to their languishing *Prolegomena*, whom he mentions in a *Joco-serious* sort of *Stile*, by the Name of *Mylordi*, whose Words are these, *viz.*

Illustris quidam Anglus, quos Mylordos, hoc est dominos per excellentiam nominant, Spadam venit ante annos quindecim impotentie remedium querens, &c. This unhappy Gentleman could not touch a *Woman*, but *ad primum labiorum contactum semen emittebat, sed imbellè & prorsus aqueum & sero simillimum; uxorem duxerat*

*luxerat annos natam sedecim, sed quam toto
biennio, etiam se fatente, non devirginaverat;
et tunc erat habitus, corpore procero, eufarcos,
genis rubentissimis.*

One may look *brisk*, with *Cherry-Cheek*,
And yet *below-Stairs* very weak.
That Woman's in a doubtful Case
That builds her hopes upon a *Face*;
As one was cheated, when she chose
A *Husband* by the length of's *Nose*.

Non semper inferius, sicut superius.

He tells you of many such Cases, wherein
they came to the *Spaws* in hopes of help; but
as much as I can perceive, he boasts of no
Cures by those Waters in that Case, but that
they return'd *re infectâ*.

I remember he tells one odd Story of a
young Man abus'd by the too much use of
Guajacum, whose Hands all chopt in cross
Chops, like an Iron-Grate, and all his Skin
broke out into a *Lepra* or *Elephantiasis*, which
had so parch'd and dry'd his *Liver*, that he
cured him by laying him under a *Spout* of a
Mill, and let the Water run upon him, and
gave him Crystal with cooling things to
drink, especially store of *Whey* with *Sal pru-*
nellæ &c. *Deinde in stramineo lectulo sub al-*
tissimo

*tissimo molendino, sufflaminato hanc in asun-
 jacentem, stillicidium ex alto in Hepatis regio-
 nem cadens excipere aqua gelidissima neque mo-
 tu neque solaribus radiis calefacta; hoc cum
 mane & sesquihora ante coenam aliquot dies fe-
 cisset, & sanissimus & pulcherrimus factus.*

I much wonder why he should say, *Neque
 motu, neque solaribus radiis calefacta*, because
 'tis well known, that all *Liquids* the swifter
 their Motion, the cooler they are, especially
Water; for that which stagnates is only
 warm by the heat of the Sun; at least war-
 mer than *running Water*; and we see in scald-
 ing *hot Water*, the faster it is pour'd out of
 one Vessel into another, the sooner it cools;
 but the swiftest Motion that can be in *Nature*,
 or contriv'd by *Art*, cannot make *Water*
 that is *actually Cold*, in the least degree *Hot*:
 swift Motion indeed, by the Contrition of
 solid hard *Bodies*, will wax *Hot*, *Smoke*, and
Flame, as in *Wheels*, &c. but in *Liquids*,
hujus contrarium est verum; and I have seen
 a Smith take a small Bar of cold tough *Iron*,
 and in less than five or six Minutes time has
 hammer'd it on a cold *Anvil*, until it has
 been *red Hot*. But to the Business.

Capt. *Dampier* in his Journals of his Voy-
 age round the *World* gives an Account that
 the *Achinese* very much delight to wash in
Cold Water. His Words are these, *viz.*

‘ They

‘ They are here, as at *Mindanao*, very
‘ superstitious in washing and cleansing
‘ themselves from Defilements, and for that
‘ reason they delight to live near the *Rivers*
‘ or Streams of Water. The River of *Achin*,
‘ near the City, is always full of *People* of
‘ both *Sexes*, and all *Ages*; some come and
‘ wash themselves for the pleasure of being
‘ in the Water, which they so much delight
‘ in, that they can scarce leave the *River*
‘ without going first into it, if they have
‘ any business brings them near. Even the
‘ *Sick* are brought to the *River* to wash. I
‘ know not whether it be accounted good
‘ to wash in all *Distempers*; but I am certain
‘ from my own *Experience*, it is good for
‘ those that have the *Flux*, especially Morn-
‘ ings and Evenings, for which reason you
‘ shall then see the *Rivers* fullest, but more
‘ especially in the Morning, &c.

And in another place he says, I was per-
swaded to wash in the *Rivers* for the Reco-
very of my *Health*, which I did Mornings
and Evenings; and though it seemed strange
to me before I try’d it, yet I found so much
comfort in the first trial, that I constantly
apply’d my self to it. I went into the *River*,
till the Water was as high as my *Waist*, and
then I stooped down, and found the Water
so cool and refreshing to my Body, that I was
always

always loth to go out again; then I was sensible that my *Bowels* were very *hot*, for I found a great *heat* within me, which I found refreshed by the *cool Water*, &c.

I remember an old *Fisher-man* that formerly liv'd at *Hammersmith*, who told me, That little Sleep and cool Diet, and thin Cloaths, were the only means to live *healthy* and *long*, and that *Water-Air* made him eat heartily, and that he was a great lover of *Salt-fish* and *Parfnips*, and when he did eat any of his own fresh *Fish*, he eat them always *new*, and always boil'd, never fried, as being easiest of Digestion, and eat them the *Dutch* way, brought to Table in the *Liquor* they were boil'd in; and that at any time when he was uneasy, and could not Sleep on Shoar, he went into his *Peter-Boat*, and the coolness of the Air, and the rocking of the *Boat* on the *Water* made him Sleep soundly. He also often wash'd in *Cold Water*, and his Hands and Arms always dabling in Cold Water, drawing his Nets both Winter and Summer: He wore but a thin woollen *Waistcoat* next his *Shirt*, and was a lusty tall *Man*, could both hear and see well, did neither *Stoop* nor *Tremble*, and died of an acute *Disease* at a *Hundred and three Years* of *Age*. I am told he died of a *Pleurisy*, his Name was Good-man *Savory*, who for his

Strength

Strength and *Vigour* might very well have lived forty or fifty Years more; and I think is since he died about eight or nine Years.

I find no Men live so long and healthful, as the Washers and Dablers in *Cold Water*. There is now living at *Chiswick* on the River of *Thames*, one old *Sutton*, a Fisherman, who they say is more than a *Hundred Years* old; he own'd to me three or four Years since, that he was almost a hundred, he hugs at the *Oar* in all Weathers in a thin Waistcoat, and cries his *Flounders* about the streets with as strong a Voice as any Man of but thirty Years of Age; he is a fat, squat, short, surly *Old Fellow*, and his Food is for the most part *Brown Bread and Cheese*, and his Drink, (when he can get it) mild clear *Beer*. This I had from his own Mouth.

I have known in my time many old *Water-Men* and *Fisher-men*, full, or near to a hundred. And I am told, That at *Witney* in *Oxfordshire*, those who work at the *Blanket-Mills*, carry wet Blankets in their Arms, next their Breast, Winter and Summer, and never catch *Cold*, and live to extream Ages.

There was a *Fishmonger*, who had a Son out Apprentice to a *Scrivener* or Attorney, but had not Strength to hold a *Pen* to write, through

through the weakness of the *Joints* of his *Fingers* and *Wrist*, which he had for some time labour'd under; so that his Father was forced to take him home, and being employed in his own Trade by often dabling and wetting in *Cold Water*, soon recovered his Strength, and is as well as any Man.

How refreshing the pouring of Cold Water out of one Vessel into another, is to those in Fevers, I can testify, and many have been by the cool and noise of that *Action* lull'd asleep. And Capt. *William Wicks* Apothecary on *Ludgate-Hill*, *London*, told me of an Acquaintance of his, that was given over in a *Fever* by his Physicians, that was by his Brother-Trade recovered, by getting Hands enough, and perpetually pouring round his Bed *Cold Water* out of one Vessel into another, until he fell asleep, and by that means recovered. And I remember, that my Learned and Good Friend, Dr. *Upton*, told me of one so recovered in *Newgate-street*, whether it was the same Person, or no, I cannot tell. I have also known that the sticking of the fresh and green *Boughs* of *Ofers*, *Willow*, *Poplar*, *Elder*, &c. round the Bed, has refresh'd the Sick, and often induc'd Sleep, even where *Opium* has fail'd.

That

That Cold Water concentrates the *Spirits* and strengthens the *Nerves* and musculous *Fibres*, by bracing them, as it were, like a *Drum*, when the Parchment-head is relax'd, is very evident by this Experiment of two Boys running for a Wager a hundred Yards, more or less, let the Boys be near of a Speed and Strength, take the Boy that loseth and dip him in *Cold Water*, and then let them run a second time, and the losing Boy shall beat the other, &c. And talking on this Subject, I remember that a *Gentleman* told me, That when he was a *School-Boy*, they used to lay a *Twig* on two forked Sticks parallel to the Ground, and to jump over, and he said that he always observed, that when he had been in the *Water*, he could then Spring much higher than at any other time.

Dr. *Griffith*, a Learned and Ingenious *Physician* of *Dublin*, I met at the *Bath*, who told me of many People, both in *Fevers* and *Small-Pox*, who in their Deliriums have run into the *Cold*, nay, even into the *Snow*, and have recovered without any harm or accident.

At *St. Mungah's*, the Cold Spring in *Yorkshire*, 'tis the Custom of the Country People, especially those that are superstitious, to carry as much of the *Saint* away with them

them as they can; and as a sort of Mortification to quench (as they think) Concupiscence, they not only *Bath*, but when they come out put on a *wet Shirt* or *Smock*, (this I have known both Men and Women do) and so Walk or Ride home, and let their Shifts dry upon their Backs; but the Effect has prov'd contrary to their Expectation, for when dry and warm, they have found *spicula Veneris acuit frigus*. And I have heard an old *Carkass-man* say, who had been a great lover of *Cow-Beef*, that the Temple of *Venus* was a *Pond of Water*, for she that was born at *Sea*, was out of her *Element* on dry Land, &c. And Dr. *Savory* told me, That that Fellow which he mention'd in his Letter, that used to fish up to the Chin in *Cold Water*, found it did *Ad venerem stimulare*, &c. and several of our Winter-Bathers (nay even in Frost and Snow) have complained that all the Injury they found by *Cold Bathing* was, that it did *famem ac venerem nimis augere*, which made one say,

*Cold Bathing has this Good alone,
It makes Old John to hug Old Joan.
And gives a sort of Resurrection
To buried Joys, through lost Erektion.
And do's fresh Kindness's entail
On a Wife Tasteless, Old, and Stale.*

To

To prevent *Abortions*, and strengthen weak *Wombs*, 'tis one of the best Remedies in the World, especially if she goes into the Bath towards *Bed-time*, her Dinner being digested and past off; and in some Women to lose a little *Blood* a day or two before, is good.

In the beginning of Fevers, *expertus loquor*, in many Cases I have seen it to cure and take off the *Febrile Heat* and *Thirst*, at the very first Immersion. And I my self about the middle of *July*, *Anno 1702*. became very feverish, (I suppose from drinking of *Milk* upon eating *Melon*, when I had been fast walking and very *Hot*) my *Tongue* was rough and white, my *Mouth* clammy, and an ill taste, my *Urine* of a bright amber Colour, but no Separation by standing, nor blue Stain on the Glass: I slept very disturbedly, and had a quick high towering *Pulse*; had strange *Flashes* in my *Blood*, like *Wild-fire*, which I could perceive in my *Face*, *Neck*, *Breast*, and extream Parts, (and God forgive me, not so well prepared for a Journey to the other *World*, as I ought to have been) and found the *Fever* to kindle upon me, and dreading the consequence of being *delirious*, knowing that the *Executioners* would croud in upon me, and encere me alive in a Sheet of *Blisters*, &c. these Con-

siderations were terrible to think on, and that something was to be done quickly, whilst I had my Senses, and durst not *Bleed* in a pale *Urine* : I took half an Ounce of *Crem. of Tartar* in the Bath-water, which gave me three or four Stools, which made me much worse. I Sweat extreemly spontaneously before I took the *Crem. of Tartar*, but had no Relief by it at all. I called my Servant to get ready my Swimming Shooes, (for I have a tender Foot, and can't tread upon the Stones) so down to the *River* went I at Nine a Clock at Night, and in leap'd over Head and Ears, as they say, and Swam up and down for some time under half an hour ; so home I came, and to Bed I went ; I found my self in a State of Neutrality, neither better nor worse. I at the *Cold Water* again the next Day, and Swam longer than the first time, and came home as well as ever I was in my Life, and eat *Venison Pasty*, and drank a Bottle of *Claret* for my share ; but I continued Bathing in *Cold Water* two or three Days, for fear of a *Relapse*, &c. And in this place I think it will be very pertinent to insert that most remarkable Case, mentioned by the Learned Dr. *Willis*, in his Chapter *De Delirio & Phrenitide*, Cap. X. Pag. 265. whose words are these, viz.

Olim ad Ancillam robustam, quæ febricitans, & summè insaniens, continuè in lecto vincta tenebatur, curandam accersebar. Huic sanguinem copiosè & dein iterato mitti, alvum ab enenmate crebro subduci, quin & alias quasque administrationes, & in hoc casu usitatas, ordine celebrandas precepi; interim Julapia, Emulsiones, & Hypnotica propinari: verùm his parum aut nihil juvantibus, per septem vel octo dies illa insomnis usque, & furiosa admodum perstitit, Potum frigidum ejulando & clamando perpetuò exproscens; quapropter Hydroposia ad libitum, immo ad satietatem concessa, nequaquam sedatior, aut sitibunda minus facta est; itaque jussi (siquidem tempus æstivum fuit) ut media nocte a mulieribus sublata & foras perducta cymbæ imponeretur, dein vestibus exuta & vinculis soluta fluvio profundo immergeretur, fune tantum circa corporis truncum ne forte submersa interiret alligato. Verum istiusmodi retinaculo nihil opus fuit, namque puella ut vix melius vir quispiam artem hanc probè edoctus, sponte natabat. Post tertiam aut quartam horæ partem, sana ac sobria aquis eximitur, dein lecto commissa dormivit, & copiosè sudavit, posteaque sine alio quovis remedio convaleuit.

Curatio hæc tam subito & feliciter successit, in quantum flammæ tum vitalis tum animalis simul in immensum auctæ excessus, à proprio ignis

nis intensioris remedio scilicet Humectatione & infrigidatione ab aquis tollerentur.

Now, what can any Man say against this Relation, for 'tis impossible to invalidate. *Fact* ? What Strains and Shifts must the *Antipsychrolites* beat to make null and void this *Story* ? A lusty strong *Wench*, raving and bound in her Bed, restless seven or eight Days without *Sleep*, with such an intense *Thirst*, that nothing could quench it, nor *Opiats* in the least assist her, perpetually crying out for *Drink*, &c. and yet in less than a third part of an Hour was by *Cold Water* perfectly cured. Really this her Recovery was more wonderful than her *Swimming*, which she did to Perfection, though probably never was in *Cold Water* in her Life before. I say, What can the *Physick Zany*, the *Jack-Pudding* of the Town say to this, that Reverse and *Antipode* of Learning, Modesty, and good Manners, that grins at, and ridicules (to the length of his short *Tedder* of Understanding) every thing that the weak Fibers of his wretched *Nons* can't *Grasp* and *Comprehend* ? An Ingenious Man used to call this Fellow the *Physick Town-Top*, a Log of Wood with a *Brass Nose*, that was lash'd and kept up by other Mens *Mettle*, more than his own, whose Excellency lies in a Row of silly worn out threadbare, chaw'd-

shaw'd-over *Stories* and *Jests*, such as serve to make *Fools* laugh, and *wise Men* shake their *Heads*. Such another *Guinea Hocus* as this, I was in Consultation with, a sort of a *Town-Top* too, tho' not so very wooden as the other; the question was, whether a *Hot* or *Cold Bath* was most proper in a certain Case? A *Quaker* sitting by, and hearing *Top-minor* speak very fillily to the Point, told his Cousin, the Sick Man, that he did not expect a Blessing on this Consultation, because he that spoke last, he found by his Discourse he was an *Infidel*, and had no *Faith*: No *Faith*, quoth the *Doctor*, how so? Why, quoth the *Quaker*, I am sure thou hast no *Faith*; for if I should tell thee (before all this Company) that thou art a *Coxcomb*, thou wilt not believe me, such is thy little insight into thy self; and I am afraid that thou knowest as little of my Kinsman's Case, as thou dost of thy own weakness; upon which *Top-minor* grew angry, and spun out of the Room.

London, July 9th, 1702.

To his Friend, Dr. Baynard at the
BATH.

S I R,

H Earing of so many wonderful Cures done by your Cold Bath, the Reputation of it has almost perswaded me to try it my self, if you think it proper for me. I sometimes being troubled with wandering Rheumatick-pains, and being no admirer of much Physick, I would gladly take the shortest Course to be well: So understanding by reading Sir *John Floyer's* Book, that you are the only Man that have made Observations of both *Hot and Cold Baths*, consequently you must be the best Judge in what Cases they are most proper. But in my own Opinion, I rather incline to *Cold Immersion* from an Experiment, or rather happy Accident that befel my self, which was this; I was formerly much troubled with a sort of little flat Worms that I should often void in my Excrements; but on a certain time going to Swim in a very cold deep Pond, that was fed with many Springs, when I came out I found in my Stool, a great Cluster of the
Worms.

Worms, and from that time was never more troubled with them. I only tell you this as Fact; the Philosophy of it I must leave to you and your Brethren, to determine the why, and the how, this Cure was wrought; so expecting your advice by next Post, I am, dear Sir,

Your humble Servant,

Jo. Eldred.

Direct for me at the old House, *Ludgate-Hill.*

I remember that a Gentleman of good worth (last Summer at the Bath) told me, That he went into St. *Mongah's* with Crutches, and was in six or eight times Bathing so much reliev'd, as to walk with an underhand Stick: but forced by his Affairs to a Journey for *London*, and his Distemper threatning a return, his Case being a *Palsy* with a *Tremor*, complicated sometimes with a *Rheumatism*, or (what was worse) a *Running-Gout*; and resolving from his last success in *Yorkshire* to try the *Cold Bath* at *London*, went first to his *Physick-Flinger*, the Goggling *Goliath*, to hear what that *Loftiness* could say to his Case. This puff'd up

Apollo, so bloated with *Fool's Breath*, as if the *Calf* had been Prickt and Butcher-blown, look'd so magisterially upon me (*quoth he*) with a Claret-stew'd *Phyz*, betwixt Roast and Sod, together with his usual Hypocritical *Grin*, that the Figure of the Fellow like an *Unison* in Musick, struck that String of my *Chops*, which his Face had tuned, which made me *Grin* too, to behold him; but having Presence of Mind, I soon shifted my Face into a *Scene* of Gravity, and mumbling my Mouth somewhat fashionably, I accosted the *Idol* with a *Guinea*, and my *Cafe*, who after a Brace or two of unmannerly *Belches*, and a short *Pause*, ask'd me a Brace or two of as impertinent and unfutable Questions to my *Cafe*: but soon and peremptorily concluded, that it was an ugly Scurvy in my Blood, caused by too many *Acids* there; so put me into a Course of *Sweetners*, as he call'd them, the principal of which was a Quart of thin Custard-like-insipid stuff, *Eggshelated*, call'd by his Learned Apothecary, the *Oriental Pearl Emulsion*; in the good nature of which Medicine I was to acquiesce, until further orders; so hobbling off with my scrap of prescription, I turn'd short on his Worship's patience, and ask'd him what he thought of the *Cold Bath*, Z---ds it will kill you (*quoth he* in Sput-
ter

er and Passion) it will kill you. But hearing so often that this *Oracle* was no *Oracle*, by his many mistakes in his forward, false and foolish *Prognosticks*, even short of the *Old Wife's Sieve* and *Sheers*; and being vexed for being a *Bubble* to a *Blockhead*, and *Guinea-bit* for my Senseless Curiosity, I went next Day to Mr. Bayns's, and took Lodgings at the *Cold Bath*, and was (I thank God) much mended, tho' not Cured by a few *Immersions*, and after I have drank these Waters some time, I'll return home to my own House, where I have a *Cold Spring*, and try what *Faith* and *Cold Water* will do for me; for of all the many things I have hitherto used, nothing has done me so much palpable and apparent good as *Cold Immersion*; and in this, and such like Cases, I am well satisfied that all the confident and most *Corinthian assurances*, are but prostituted Hopes and Promises of your trifling Prescribers, when they are at a loss and stand, either in the *Cause* or its *Cure*, so fly to their last shifts of *Buffoonery*, and *Ridicule*, making it their Business to Decry and Invalidate any thing that may have a probable countenance towards a Cure: for what is not the product of their own *thoughts*, must certainly sully and blacken their *Reputation*, as *Cold Water* has done in a hundred Cases,
honest.

honestly and openly in the face of the *Sun*, without *Trick*, *Artifice* or *Juggle*; at which some of the more modest have drawn in their Horns, and calmly acquiesc'd in the weak Man's wonder, *viz.* L--d! Who would have thought it? for *magna est veritas ac praevalabit*; for tho' Fact may be obscur'd and hid for a while, yet it can never be *Stifled* and *Annihilated*.

Another of this class, a Man of no mean Magnitude once, but now despis'd and p--s--d upon, a Fellow of a *Gelt* and *Castrated* reputation, for having outlived that set of *Fools* that once admir'd him, he can beget no more; this Man, I say, being ask'd by a Melancholy *Patient* his opinion of a *Cold Bath*, answered him in making Mouths, with strange distortions of Chops and Nose, and after his Face had entertain'd him with turning the Somerses a while, he by degrees broke up his Grimace, and swore it would kill him.

Now I would fain know what it is that frights all these foolish people, and makes their heads run thus upon killing? how can a Man's washing himself in *Cold Water* kill him? 'Tis but of late Years that sprinkling came in and was used in *Baptism*; and what I pray became of all the tender new born *Infants*, that were made *Christians* by *Immer-*

on in a cold Marble Font, in a damp Church, in cold hard Winters, and the worst of Weather sometimes; what, were all these Children kill'd? I am apt to think the Devil has scatter'd some of his Hell Grubs in their Sculls, and fly-blown their *understanding* to a degree of *Lunacy*, lest the old way of *Immersion* should come into the World again: not that I am an *Anabaptist*, for I was sprinkled my self, and a sprinkled *Christian* is better than none; for I put no great stress upon the form, provided a Man believes well, and lives well; for he is my *Christian*, who shews me his *Christianity* by his Faith, his Faith by his good Works, &c. But this being the *Parson's* Province, I have done.

Some years since Mr. *Ellysby*, the present Minister of *Chiswick*, near *London*, a tender weak Man (a Man of a singular *Life*, and good Learning) by the advice of Dr. *Cole*, Dr. *Gibbons* and my self, was directed to the use of the *Cold Bath*, but it was made in a *Tub*, so not cold enough for the purpose design'd, however he found some benefit; and I am inform'd by some of his Parishioners, that this Present Summer, he has very often used the *Cold Bath* at *London*, and is Cured of his tenderness to a strange degree, and is become a new Man for Vigor and strength.

Dr.

Dr. *Groenvelt*, a Man famous for his great Cures in his Art for Cutting for the Stone, call'd me in to a Patient of his, a *Dutch* Gentlewoman, where I propos'd a *Cold Bath*, which she used with much benefit. But here by the way, note, That a certain *Physician* told her, it would kill her, which after he saw the Effects of Cold Bathing, he much blamed himself for his forward and rash *Censure*. The *Physician* is since Dead, but this Passage Dr. *Groenvelt* very well remembers. I have almost forgotten her Case, but I think it was a Pain in her Back and Sides, with weakness of her Limbs.

One Mr. *Carter*, a Woollen-Draper on *Ludgate-Hill*, received great Benefit, and a perfect Cure by the Cold Bath; but what his Case was, I have forgotten: he lives at the *Golden Key*; any Man may inform himself; I think it was a Rheumatism.

Mr. *Traby* at the *King's Arms* at *Fleet-bridge*, now in *Bath*, told me, That one Mr. *Harrison*, a Gentleman in his Neighbourhood, is this present Summer perfectly recovered of a severe *Rheumatism* by the Cold Bath; and a Man in years, at least Sixty.

I could give almost a hundred Instances of *Rheumatisms*; but one the most severe that ever I saw, in a young *Woman*, Daughter to the Inn-keeper at the *White Horse*
in

in *Fleet-street*, perfectly cured by the *Cold Bath*; where any that would be farther satisfied, may inquire. I think her Mother told me, she had laboured under it (at certain Seasons) some years; she was aged about fourteen or fifteen.

The *Itch*, that seemed almost *Leprous*, with maturated *Boils* on the whole Body, especially on the *Hands*, which swell'd the *Fingers* to such a degree, together with the soariness of the Chops in the folding of the Hands, I have known cured in four or five Immersions, so that the *Bladders* that seem'd maturated and full of *Pus*, have shrunk and subsided, and peel'd off without any *Physick*, but only moderating his Diet, and forbearing Strong Drink, and using *Exercise*, &c. Now, in such Cases, how often have I known the poor Patient brought to the *Physick-Rack*, viz. *Bleedings*, *Vomitings*, *Purgings*, *Diet-drinks*, *Oyntments*, &c. together with the whole *Inquisition* of *Warwick-Lane*, *Mugwell-street*, and *Apothecary's Hall*; and all to as much purpose, as he that rode Post with a hang'd Man behind him, to read an Anatomical Lecture to the Mayor of *Queenborough*.

A Gentleman of good Account, though a modest Man, blushinglly gave me this Relation in reference to *himself*, who for some time past had great trouble in his *Urinary-passages*,

passages, and Pain at the Root of his *Tars* and about the Region of the *Bladder*, in so much that he had reason to suspect some *Ulcer* or *Excoriation* in *Collo Vesicæ* by the *Slime* and *Sordes* that came away in his *Urine*; he also had a *Lachrymæ Veneris*, or old *Gleet*, which at that time was very severe upon him, together with weakness of *Erection*, &c. who was cured by a strict perseverance in this following Method, *viz.* He first gently purged two or three times with *Cassia* and *Tamarinds*, Syrup of *Violets* and *Peach-Flowers*; instead of Posset-drink on his purging-days drank plentifully of *Whey* clarified with some opening and cooling Plants; and at other times drank *Lime-water*, in which was steep'd a little of the Shavings of *Sassafras* and *Liquorish*, and took two or three times in a Day, three or four small Pills, made of Juice of *Liquorish*, *Sperma Ceti*, Species *Diatragacanthi frigidi*, or *Pulvis Haly*, &c. and used Cold Immersion for 16 or 18 Days. Night and Morning, but especially at Night after a light Dinner, and no Supper, except a little *Flammery* after Bathing, with a little Sugar and Juice of *Orange*, just to make it of a pleasant sweet tart Taste, a *dulco-acidum*; and from thence passed into a restraining Milk-diet, by boiling *Acorn-Cups*, *Bi-*
stort,

fort, and *Tormentil-roots*, in Spring-water, and then mixing Milk and a little Oat-meal, made a fort of Milk-pottage, on which he only liv'd for a Season ; he avoided the sight of all Women, but such as had *Antivenereal-Faces*, for *Age* and *Ugliness* ; as also all manner of *Wine* and *Strong Drinks*, and *Flesh-meat*, &c. and by this, and by such like means, he was perfectly recovered to his *Pristine Health*. I have known many times that violent strong Purgings with *Aloes*, *Scammony*, *Resin of Jalap*, &c. together with the too much use of *Terebinthinate Medicines*, have heated and done much mischief to the inflam'd and tender *Nervous Parts*, and often caused Swellings of the *Testicles*, together with unapt or untimely *Injections*. Mr. Fuller, an Eminent Apothecary in the *Strand*, told me of his own knowledge in many Cases ; as also did the late Dr. Hobbs ; and I have observed divers times in my own Practice and Experience, that such *Tumors* and *Venereal Swellings*, have render'd Men infertile, and incapable (ever after) of begetting Children. Not that this does always hold true in every *Monger*, for some strong young *Mongers* of good *Constitutions*, have brush'd through such misfortunes, and have after it begotten Children, but with a great Diminution to the

the Venereal Pleasures and Delights as before; the *Organs* subservient to those Exercises, having been *shak'd* and *batter'd* in their unclean *Combats*, &c. but in most Men it has totally destroy'd *Prolification*, a *Curse half tanti* to *Castration*: so that I have often pitied poor innocent young new-married *Gentlemen*, who have sweat and stew'd themselves in *Hot Baths*, Season after Season. These unhappy Women, *I say*, thinking that the Deficiency lay on their side, were willing to undertake any Toil and Trouble in hopes of a great *Belly*, &c. when alas! the fault was in the *vile* and *wicked* whore-masterly *Husband*, broke and bankrupt in his *Bed-Tackle*; and this is the reason of so many miserable and unhappy Marriages, for *Venus rara, cum re angustâ domi*, &c. makes Women ramble in quest of those Satisfaction which both *Art* and *Nature* in a warm *Constitution* incessantly prompts them unto; and the *Husband* quietly to acquiesce under the Brow-Antlers of a display'd *Forehead*, or to pocket his misfortune, being conscious that his Wife's *Extravagancies* are the issues of his own *Insufficiencies*, &c. procured by his own *Follies*, &c. so that *Fathers* cannot be too careful in matching their *Daughters* to Men of untainted Reputation and Honesty, and also of promising Ability; but
because

because of the many *Cheats* that have been even in the fairest *Bulks* of Men, and the difficulty in discovering the *Scars* and *Cicatrices* of secret *Sins*, which Men with the greatest Artifice cover and conceal.

But where *Love* and *Ability* on both sides concenter in *Virtue* and *Fidelity*, their *Minds* are made *one*, and 'tis a Marriage of *Souls* as well as *Bodies*, and such a blessed State is the Suburbs of *Heaven*, even in this *Life*.

And he that should dare to *Marry* under any *Venereal* Circumstances, or *Pox* his *Wife* after he is married unto *her*, should have a Brand of *Infamy* upon his *Name* for ever. For what says the *Wise man*, Prov. 6. and 33.

A Wound and Dishonour shall he get, and his Reproach shall not be wiped away.

Her end is bitter as Death, and as Sharp as a two-edged Sword.

And thou mourn at last when thy Flesh and thy Body are consumed, and a Dart struck thro' his Liver.

Her Feet go down to Death, her Steps take hold of Hell.

For she hath cast down many wounded, yea, many strong Men have been Slain by her; her House is the way to Hell, to the Chambers of Death, &c.

G g

And

And the profane *Orators* and *Poets*, as well as *Sacred*, are all full of *Whip-Cord* and *Lasbes* at this *Sin*. I might here inlarge, but that the *Groans* and *Miseries* of such *Shoals* of perishing *Wretches* abandon'd by their *Friends*, exposed to *Ditches*, *Dunghills*, and at the best to *Hospitals*, are rotting Instances of *Venereal Venom*, and most deplorable *Commentators* on this sad *Text*, viz. *Their Strength is given to strange Women, and their Years unto the Cruel*.

So here I shall cease this unfavory Subject, and conclude with a few Lines dehortatory from Whoredom and its fatal Consequences.

View yonder Shoar ! whence Venus came at first, }
 See ! all the wretched Whore-wrack'd Sons of Lust, }
 Where blasted Strength lies in its Manhood curst.
 View yonder Bay, that many a load encloses
 Of Pumice't Shin-bones, and the Shells of Noses ;
 And in yon Hospital there does survive
 The remnant half, of half that rot alive,
 With Bubo's, Blanes, cavernous running Holes,
 T'would Clap the Devil, for to fetch their Souls.

24th. 1702.

Dear Doctor,

THough you have had several *Experiences* of the good effect the *Cold Bath* has produced in curing many sad *Distempers*, that no ordinary remedies could remove, I am sure you will take kindly from me two *Instances* very curious, that I must give you to increase the high opinion you have of it, and 'tis on two *Eminent Men* of our own Profession; one is Dr. *Cyprianus*, that for two or three Years was grown so infirm, and apt to *Fevers*, that Winter and Summer he was forced to wrap himself up in *Flannel*, and *Leatherdoom*, and upon the least cold or windy weather fell into violent *Fevers* and *Defluxions*. We gave a fair trial of the best Remedies, that by Sir *Thomas Millington's* Advice, joyned to *mine*, and to several other *Doctors*, his Friends, we could think of, without any success. Two Years together he went to the *Bath*, and drank those *Waters* regularly, Bathed in all the *Three Baths*, but still found no benefit, rather worse. With much ado he was perswaded to try what the *Cold Bath* could do in his Case, and in twice or thrice going in, even in the midst of *Winter* was so relieved, that he has already been in

it above a *hundred times*, and now is so well and so *hardy*, that nothing can *hurt him*; he has left all his *Flannels*, and in fine, is well to Admiration.

He perswaded *Signior Cayonny*, an Eminent *Italian-Merchant*, in the same Condition, to follow his Example, which he has done; and with the same success. My *Father-in-law* Dr. *Amyott*, troubled with such *Coughs* and *Defluxions*, that I never durst Shave his *Head*, was perswaded by *me*, and by Dr. *Cyprianus*, to Shave it, and Bath it with *Cold Water*, and found such good by it, that he went into the *Cold Bath*, and now is free; and has not been so well these *ten Years*. Another Instance I must add of Major *Sutton*, my Lord *Lexington's* Cousin, Major in Colonel *Webb's* Regiment, that had been seized with so violent a *Rheumatism*, that he not only lost the use of his *Limbs*, but was in such violent *Pains*, that finding no Relief by all the Remedies he used, he was carried and thrown in the *Cold Bath*, desiring, as he told me, to be *drowned* in it, if he had no *Relief*; but in three *times* going in he could *Walk* and come out without *help*, and in ten times went *abroad*, and I met him at Dinner at my Lord *Lexington's*, where he gave me this full Account, and he shall Confirm it to *you*, when you please; so shall the

the two others ; and many more, when we meet in Town, where I intend to consult you with him, in order to try it my *self* for my *Distemper*. As I write you this in haste, yet you may make what use of it you shall think fit. I must beg your Pardon, if 'tis not, perhaps, as exact as I could wish ; but when we meet, we will Correct the *Faults* ; and I wish you all Happiness, and abundance of good Patients. I am, my dear Doctor,

Your most humble Servant,

and faithful Friend,

Th. Colladon.

Josephus tells us a Story of one *Banus* that liv'd in a Desert, and cloath'd himself with Barks and Leaves of Trees, and fed on nothing but what the Earth spontaneously brought forth; and that he used to wash himself oftentimes in cold Water to keep himself Chast, and that *Josephus* himself imitated this old *Banus* for 3 Years.

He also tells you, that the *Esseans*, a Chast and Temperate Sect of the *Jews*, accustomed themselves to wash in cold Water very often, and never went to Stool, but presently wash'd, or when they touch'd any unclean Thing.

He also tells you that Sailing to *Rome*, he was Ship-wrack'd in the *Adriatick-Sea*, and 600 of them were forced to swim all Night but he and fourscore more out-swimming the rest, were, by God's Providence, at break of Day, taken up and saved, by a *Cyrenian Ship*. So that we may suppose, that in former times Men were all Swimmers or most, at least, when 600 in one Ship could Swim; and among the *Romans*, 'twas a Term of Reproach and Scorn, to tell a Man, he could neither Read nor Swim.

Dining at a Noble-man's Table at Bath in Sept. 1702. with Mr. *William Pen*, and discoursing with him, and some other Gentlemen, concerning Cold Baths, he was pleased

pleased to send me this following Relation of the Practice of Cold Immersion in *Pennsylvania*, &c. and of a most remarkable Instance of it, in which he was an Eye-Witness.

Mr. Pen's Letter to Dr. Baynard.

AS I find the *Indians* upon the Continent more incident to *Fevers* than any other Distempers, so they rarely fail to Cure themselves by great *Sweating*, and immediately plunging themselves into *Cold Water*, which, they say, is the only way not to catch *Cold*.

I once saw an Instance of it, with divers more in Company. For being upon a Discovery of the back part of the Country, I called upon an *Indian* of Note, whose Name was *Tenoughan*, the *Captain General* of the Clans of *Indians* of those Parts. I found him ill of a *Fever*, his Head and Limbs much affected with Pain, and at the same time his *Wife* preparing a *Bagnio* for him : The *Bagnio* resembled a large Oven, into which he crept, by a Door on the one side, while she put several *red hot Stones* in at a small Door on the other side thereof, and then fastened the

Doors as closely from the Air as she could. Now while he was Sweating in this Bagnio, his *Wife* (for they disdain no Service) was, with an *Ax*, cutting her Husband a passage into the *River*, (being the Winter of 83 the great Frost, and the *Ice* very thick) in order to the Immerſing himſelf, after he ſhould come out of his *Bath*. In leſs than half an Hour, he was in ſo great a *Sweat*, that when he came out, he was as *wet*, as if he had come out of a *River*, and the *Reak* or *Steam* of his Body ſo thick, that it was hard to diſcern any bodies Face that ſtood near him. In this condition, *ſtark naked* (his Breech-Clout only excepted) he ran to the *River*, which was about twenty Paces, and *duck'd* himſelf twice or thrice therein, and ſo return'd (paſſing only through his *Bagnio* to mitigate the immediate ſtroak of the *Cold*) to his own Houſe, perhaps 20 Paces further, and wrapping himſelf in his woolen Mantle, lay down at his length near a long (but gentle) *Fire* in the middle of his *Wigwam*, or Houſe, turning himſelf ſeveral times, till he was dry, and then he roſe, and ſell to getting us our Dinner, ſeeming to be as eaſie, and well in *Health*, as at any other time.

This Tradition was in great meaſure, however, the loſs of one of the braveſt of
the

the Nations of *Indians* (remembred by *Capt. Smith*, in his History of the Settlement of *Virginia*) called the *Sasquenahs*. For having, after the coming of the *Europeans* among them, learned to drink *strong Liquors*, and eat freely of Swines Flesh (mostly without Salt) it brought the *Small Pox* among them; they took the same Method to cure themselves of it when they were come out, which struck to their Heart, and prov'd more mortal than the Plague, few escaping the Disease, by reason of that improper Practice; tho' one would think that before they came out, it might have moderated their Venom, and Impression.

I am also well assur'd that they wash their Young Infants in cold Streams as soon as Born, in all Seasons of the Year.

W. P.

The Case of a young Gentleman, from the Injuries of Tabaco and strong Drink, recover'd by drinking of Water, &c.

ABout six Years since, being sent for to a young Gentleman, who, from a vivid and florid State of Health, became Pale and Wan, and had strange cold Sweats; had

had a Tremour, and much dispirited, as if he lived under fear and dread of some impending Evil to him; his Stomach quite lost and gone, and had a great Loathing when he saw Victuals, &c. I enquir'd into the Cause of this sudden change in his Health, and found it proceeded from his much smoaking Tabacco, which made him always giddy, and ready to Vomit, also to Spit and Flux abominably: all this he endur'd, resolving to be Master of the Black Art, until it brought him to the brink of the Grave. I told him the danger of proceeding in it, since it was so inimical to his Constitution; and advis'd him to forbear strong Drink, and to drink a little Spring Water Night and Morning, and eat a raw Apple or two, and take the Air in a Coach, or on Horse-back; all which he punctually observ'd, and was as well in a Month, as ever he was in his Life. *Franciscus de la Boe Sylvius*, under whom I was a Student near 40 Years since, was so much a hater of Tabaco, that he would not come into a House where it was smoak'd; and what the Learned *Kerckringius* says of it in his *Spicilegium Anatomicum*, *Observ.* xc. Page 172. I here Transcribe.

Nimius

Nimius Tabaci usus noxius.

INvaluit, heu! nimium illud in Europa Ca-
coethes, sugendi fumum herbae Tabaci,
ut vocant, per tubos ad id solummodo confectos.
Quanta inde morum perversitas, ii viderint,
quibus illud datum est negotii, vel Politici, vel
Theologi. Quantum sanitati suae noceant, qui-
bus hic mos est, ut toties Vulcano, vel Charonti
potius sacrificent, etiam non explicabo: suffece-
rit oculis subjicere hominem, quem in Medico-
rum corona secui: is supra modum hisce fumosis
deliciis addictus, vix ullum obibat negotium,
quin sibi, ut patuit, fatalem succum hauriret.
Ubi enim crebris quasi pulsata ictibus, natura
fatiscere, atque in morbum collabi cæpit;
ille nigricantem materiam per anticum, per
posticum, per utrumque gutturem tandiu
ejicere, donec fuscam simul evomeret animam,
quam Plutonia visentem regna comitari non lu-
bet: suspicor enim nigros illos & vaporum Sty-
giorum globis fumigantes lacus potius ex consu-
etudine, quàm lucida cælorum sydera adamasse,
utpote famis semper pastam & innutritam;
hospitium certè, quod illa reliquerat, visitavi
& peragravi, fultus cultro anatomico. Quid
viderim, quæris? domum mihi intrari visus
sum verè Plutonium: ecce tibi in foribus atra-
to

to colore tinta, & quasi venenato succo imbuta intumuerat lingua. Quid trachea? camino similis, nigrâ fuligine undique obducta. Pulmones aridi, exsuccii, & penè friabiles: hepar, tanquam si præ ceteris traxisset incendium, totum erat inflammatum; à cujus flammis ne bilis quidem in cystide sua immunis erat: colorem enim contraxerat ex purpureo virentem. Ad intestina verò, ut sunt corporis saburra, confluxerant totius adustionis carbonēs; plena etenim erant nigricante materiâ, quæ non mitiorem ipso Averno spirabat odorem. Ecce frequentis hujus suctionis medicos fructus.

The Case of Mr. Michael Warwick.

IN February, 1700. I caught a most violent fall, the contusion hap'ned on the Hip, near the lower *Vertebræ* of the Back, but by the immediate use of inward Medicines, the application of Cere-Cloths, and as the warm Weather approached, the Pains, &c. went off for the Summer following.

The November after, I caught a most violent Cold by Sleeping against a good Fire in a wet Cloak, which settled upon the Part before affected, and likewise extended it self in Cramp-like Pains upon the Muscles

on

on that side from my Neck, down to my Ankle.

I went to the Bagnio and was Sweated, and Cupp'd several times, but to no purpose.

I used all outward means (as were advised) proper in such Cases, and took *Terebinthian*, *Stomachick* and *Chalybeat* Medicines inwardly, but all to no purpose.

I let Blood often, and Purged with *Rheubarb*, *Agarick*, *Senna*, &c. but with the like Success; only these last Medicines, I thought, destroyed my Appetite, and rendred me *Hypochondriack*.

I observed my Blood at all times after separation, to have on it still a tough, viscous Matter, like that of your Rheumatick Persons.

Sometime after I found my Pains not so Cramp-like as before, but more dispersed, and like your Rheumatick Pains; especially I found in my Loins e'ery Morning, a weak and wearisom Pain, together with a soreness upon the Part, as if I had been beaten: but no Swelling, Inflammation, or other outward Symptom appeared; nor was there, as I perceived, any *Febris Rheumatica* attended my Pains.

The continuance of the Pains and Violence of them, occasioned such a contra-
ction

ction of the Muscles of the side affected, that it almost brought me to go double. The Thigh and Leg of that side were greatly emaciated, and for want of due circulation of the Spirits and Nutritive Juices, seemed (a-Nights) as if they were dead Flesh, only sometimes a violent cold Sweat wou'd appear.

Hearing talk of the Cold Bath, and finding some Encouragement from a Book that I bought of Sir *John Floyer's* treating of the same; in *November* last was 12 Months, I applyed my self to Dr. *Cole* for his Advice, who prescribed me *Cinnabar* of *Antimony*, &c. for a Week, and afterwards to Bath, continuing the Medicine, &c. which I did two or three times a Week, for several Weeks; but found little benefit at the present, other than it brought my Appetite again, and rendred me far less apt to take Cold, tho' I had left off Flannels, &c.

Sometime after, I found my Pains to decline, and at last quite vanish, and the contraction of the Muscles loosed, and I have continued well ever since; only now and then against change of Weather, or when the Wind is Northward, I meet a little minging of Pains, but no contraction. I also have let Blood two or three times since,
and

and find it florid, and as good as of those in a true state of Health.

I look'd upon my Distemper to be complicated of a Hypochondriack Rheumatism, the Sciatica, and the effects of the aforesaid Contusion by the Fall, and must ingenuously attribute the Cure thereof, (next under God) to the use of the Cold Bath, as aforesaid,

Michael Warwick.

London January the
11th, 1703.

Michael Warwick Surveyor of the River under the Honourable the Commissioners of Excise.

And here not only Cold Bathing externally, but inwardly also, (I mean drinking of Cold Water moderately) is of the greatest Use and Moment to humane Life, if the Water be good, and well chosen, such as will easily lather with Soap, and is light, clear and smooth to the Taste, such as generally are Marle or Chalk-Waters; and of this sort of Water I have observ'd Horses, Cows and other Cattle most delight to Drink, nay they rather chuse to Drink Pond, Ditch, or any Puddle, Thick, Disturb'd and Turbid Water, than the clearest

est Springs, from Clay, Gravel, &c. there being in such Waters some harsh and disagreeable Particles, either to their Palates or Digestions. And here I well remember that one Mr. *Clarke*, an Ingenious Gentleman of *Essex*, told me, that removing a Horse of his from a Pasture where was a sweet, soft Chalk Spring, (it being a dry Summer) he observ'd that his Horse look'd very thin and would not Drink of the other Waters in some Days, insomuch that he thought his Horse was Sick; but trying him at the other Chalk Water, he drank until ready to burst: And this I have observ'd several times in all sorts of Cattle, at all Seasons of the Year, they best knowing what Waters are Noxious, what friendly to their Natures. But to be more satisfied in this, read an Ingenious small Tract, call'd *Scelera Aquarum*, Written by Dr. *J. H.* a Man of Learning, and clear Thought, where he shews the mischiefs of *Well-Water*, which generally (if not of Chalk) are impregnated with morbid Salts, which abound in the Strata of the Earth, and are of most dangerous Consequences to those that often drink of them either pure *per se*, or made into Beer, Ale, Coffee, Tea, &c. also read the Learned and Ingenious Dr. *Curteis*, in his Essay on the preservation of Health, page 52. &c.

Warm

Warm Water has been esteemed as a great Secret to prevent bilious Colicks, and to further both the first and second Digestions, if a Glas be taken at the close of our Meals, and no Wine or Strong Drinks taken after it. And here the Learned *Georgius Baglivius* in his *Prax. Med. Lib. 1. Pag. 82.* holds it a Secret against the Stone, but then drank before Dinner: his Words are these, *viz.*

Calculus & Podagra plures interficiunt divites quam pauperes, plures sapientes quam fatuos. Tho', with his lieve, I have known a great many Blockheads have been plagued with both Gout and Stone, as well as Wise Men; for a Wise Man is known by's Actions, and not by his Words: for he is not Wise, that wisely says, but he is Wise, that wisely does; and what greater sign of a Blockhead, than for a Man to persevere in Whoredom and Drunkenness, until a riveted Disease entails his Folly (like his Coat Armour) on his Blood, and conveys the Poyson to his unborn Posterity? as if every Man would set up for an *Adam*, and make an Original Sin of his own, that the legitimate Off-spring may be more known by the Diseases and Vices of his Family than by their Faces, &c. *Vinum, Venus, Otium & Crapula sunt primi Parentes Calculorum ac Podagrarum.*

H h

Aqua

Aquæ potus, lactis usus, sobrietas & exercitium eisdem medentur.

Women and Wine, with Idleness alone,
Are the first Parents of the Gout and Stone.
But Exercise, to Milk and Water join,
You'll save at once, your Mony, Health and Times

Women and Wine, and Gaming if you
(shun,
Do what you will, you cannot be undone;
Happy's the Man that sees this whilst he's
(Young.

— *Exinde prodiit secretum illud eximium Zecchii relatum in suis Consult. nempe haustus Aquæ calidæ ad ℥i. circiter statim ante Prandium factus. Piso & Alexander multis ante Zecchium annis, hoc idem aquæ calidæ remedium comprobarunt, dicentes quod post primum excretum calculum, nunquam imposterum alios genitos fuisse viderint usum hunc aquæ calidæ multo tempore continuantibus.*

And he reinforces his Argument again and tells you plainly,

Omnia remedia Podagricis præscripta inutilia propemodum erunt, nisi Vinum, Venus Otium & Crapula temperantius usurpentur.

He

He tells you that the eating of Musk-Melons, and drinking the Water distill'd from their Pulp and Seeds, is good against both Gout and Stone; but with this Caveat again:

Dummodo Vinum, Venus, Otium, & Crapula prudentius adhibeantur.

But our Learned Author, *Baglivi*, being an *Italian*, shews both the warmth of his Climate, as well as his good Nature, when so Gentleman-like, he gives his Patients a little Liberty by forsaking Wine and Women by degrees,

Nisi Temperantius ac prudentius usurpentur.

which puts me in mind of an old Drunkard's advice to his Son, to leave that and other Vices *gradatim*, and not at a jerk, as if the Soul would catch Cold by the loss of a Vice or two, as the Body does, by leaving off a Coat, or Jerkin.

Observations upon some late Cures done by Cold Bathing.

A Man that Dr. Cole and I saw the last Spring, come to the Cold Bath; his Case was a contraction of his Limbs with a Scorbutick Rheumatism, and accompany'd with a general decay and weakness of his whole Body. The first time he came in a Coach, but the second time he was led by his Wife, and the help of a Staff, or Crutch, and I heard afterwards, that by a few more Immersions, he was recovered.

But a most remarkable Cure done by the Cold Bath, was, on one *Trubshaw*, a young Lad of about 12 or 13 Years of Age, who had not only a great Weakness on the Muscles of his Neck, but a distortion of one of the vertebræ, insomuch, that his Head if not supported, would fall toward his Shoulder on either side. He had the Opinion of several Eminent Chirurgeons on this Case, who besides many applications as Emplasters, &c. contriv'd an Engine of Steel, like the Lath of a Cross-bow, to run in a Swivel, and fastned by an Iron Stalk to the back of a Chair, whilst a soft Velvet Muffler took him under the Chin (as you have seen in some Neck Swings) it was so

con-

contriv'd by the help of the Swivel, as to turn on any side, and yet keep his Head upright, as he sat in the Chair, which he would sometimes do for some Hours. But all that was done to him, was ineffectual: His Unkle pitying the condition of this hopeful young Lad (that had some Substance left him by his Father) consulted me in the Case, and put the Question himself, whether the Cold Bath would do him any Service? Which Question I answer'd but coldly, and doubtingly; but it was at last agreed to try it, and the Youth being very willing to do any thing for a Cure, went in boldly, a Servant keeping his Head steady betwixt his Hands, and so brought him (as I remember) to his Chair, where he sat for some time, or lay upon the Bed first, I have almost forgot: but in short, the Youth in some little time got a perfect Cure. This is two or three Years since, and his Unkle tells me, he continues very well.

Mr. *Paul Derande*, an Eminent Merchant in this City of *London*, had been long troubled with a most severe Colick, which had so enervated and reduc'd him to Skin and Bone; his Pains were so extreamly pungent, that he had no ease but when set upon his Head, which his Servant did often

in a Day, by the help of an Engine contriv'd and made for that purpose. This Gentleman was sent from his Country House in *Kent*, to his House in *London*, by the Learned Dr. *Fuller*, Author of that Ingenious Piece, *Pharmacop. Extemporanea*, to consult me about the Cold Bath in his Case; and really I was (when I saw him in that desperate weak Condition, his Stomach gone, Appetite decay'd, could hardly go or stand a high-lone (as we say) affrighted at the Proposal, but seeing his great Courage and Resolution to try it, I consented and went with him. The first Immersion he bore to a Wonder, but Mrs. *Baynes*, as well as my self, thought that he would never come out alive. But to see what Opinion and Resolution will do; he so follow'd his Cold Bathing, that in a very little time, he could walk from his House in *Budg-Row*, near *Walbrook*, to the Cold Bath betimes in a Morning, which is a Mile and a half, if not more. His Stomach return'd, and his Flesh came on, and his colour in his Cheeks, and by the drinking of the *Hot Bath-Waters* inwardly, and using the Cold Bath outwardly, he is become as well and hale as any Man. And as near as I can remember, this was the sum of his great Cure; for I heard him say, when

I ask'd him, how, under such weak and infirm Circumstances, he durst leap into Spring Water, so intensely cold? he answer'd, Doctor, 'tis impossible for you or any Man living, to conceive, the extremity of Pain I was in, and inexpressible Misery I endur'd, insomuch, that could I have been sure of *ease* after it, I wou'd have leap'd into as much *Fire* as there was *Water*; and I speak this from a Sense of the extream torture I daily labour'd under. I have often pity'd this Gentleman's Case, for he is not only a Man of an unspotted Life and Conversation, but of curious and refin'd Parts, &c. and I think in some particulars, this comes the nearest to Mr. *Sam. Crew's* Case of any that I have met with. And here a Demi-brain'd *Doctor* of more *Note* than *Nous*, ask'd in the amaz'd *Agony* of his half *Understanding*, how 'twas possible that an external Application should affect the Bowels, and Cure the Pains within? Why, Doctor, quoth an old Woman standing by, by the same Reason, that being Wet-shod or catching Cold, from without, should give you the Gripes and Pain within.

Man is a sort of a musical Instrument, and the Strings of Life and Death are tun'd or disorder'd upon more Keys than a Welsh

Harp, or a *Scotch* Bagpipe, especially when an ill Fidler plays upon his own Carkass.

The *Hemiplegia*, which of all sorts of Palsies, is the most stubborn and hardest to yield to Cure, yet I have known some cured of it by the Hot Baths, and others by the Cold, and some again where neither Hot nor Cold Baths would avail, or signifie any thing, as also all manner of Medicines, both inward and outward, have prov'd ineffectual, yet, by length of Time, and a regular Dyet, some have so far recovered, as to be able to hobble about, or walk feebly, but seldom attain to their Pristine Vigour and Strength: but I have often observ'd, that those who have used fewest hot Medicines, and have strived and struggled with the Distemper most, have recover'd soonest: but especially upon the first stroak of this half Palsie, the use of hot Medicines are of most pernicious Consequence. After a Vomit and Bleeding, I have seen the Cold Bath do great things often used, but then not to stay in half a Minute, just immerge, and so out again; yet I know a Gentlewoman of good Quality, and second to none for Endowments of * Mind, had the misfortune to be ill treated in this Distemper in *Jamaica*, where she then liv'd; but coming to *England*, and

* Mr. Joseph Heathcot's Lady.

Land-

Landing at *Bristol*, she fell under my Care at the *Bath*. She was so very Weak, and her Case seem'd so deplorable and complicated with Fits, partly *Hysterick*, partly *Epileptick*, and of a wonderful thin and spare Habit, &c. insomuch, that I had little, very little hope of her recovery. She made an Essay in the most mild and temperate part of the *Queens Bath*, the slip of that Bath coming to the back Door of the House where she then Lodg'd. But alas! she was not able to endure, hardly, the tryal of it, the least Heat did so disorder her. From thence she remov'd by small Journeys to *London*, where, being misled by the persuation of some Friends, mistaken in the Man, she, to consult among other's *Æsculapian* Eminence, that Cardinal Cock-Robin of the *Physick Conclave*, the vain and empty Nothing of a great Name, under the carelessness of whose Care, she for some time continued; but with such success, as was suitable to the insuitability of his *Giddy* and *Fortuitous* Prescriptions, as foreign to her Case as the Prescriber to a Physician.

At my return to *London*, she sent for me; but seeing her Case deplorable, I propos'd for her own, and Friends Satisfaction, the assistance of another Physician: and the Learned Dr. Cole was the Man pitch'd upon.

on. We at first, after all the necessary Internals, tryed artificial tepid Baths; but finding small benefit by them, we plainly told her and her Relations, that if any thing would do her good, it must be the Cold Baths. (A shocking Proposal to so tender and weak a Woman, and but lately come from the Torrid Zone, from between the Tropicks.) She readily consented to the Experiment, and try'd it, with a Resolution and Courage not usual in her Sex; and by her Perseverance, and a Blessing attending the means, she is recovered beyond all expectation. One thing is very remarkable in her Bathing, which is, she finding her self not well, with Pain in her Head, Back, &c. and not knowing the Cause, continued her Bathing as usual, but it prov'd the *Small Pox* forming upon her; yet she escap'd, and came through it very well, and little or no impression left on her Face where they had been, &c. and the last time I saw this Lady, she told me she had been in the Cold Bath more than a 150 times.

Note, That this Gentlewoman had two most severe Convulsions, at, or presently after, her first going into the Cold Bath; yet it no ways daunted her Resolution, but she proceeded, tho' many times with Jerks
and

and Twitches, which at last vanish'd and went off.

And she also told me, that her Quondam Doctor being told of her Recovery, reply'd, that he could not believe it. And another Stupid, Self-will'd Member of the Physick-Craft, told me, that he would sooner believe Witch-Craft and Spectrums, than that the Cold Bath could Cure any thing in any Body; nay, quoth he, tho' I should see it, I won't believe it.

And this puts me in mind of a Physician, who, in consultation about Cold Bathing, told the Patient, it would kill him; and that for his part, he had rather be hang'd than try it. Quoth his Patient (who was a Sea Captain) I see Doctor you are for *sicca mors*, you like a dry Death, better than a wet one; But Dr. continu'd he, were you on Ship-board, and there condemn'd to die, I believe you'd be duck'd at the Yard Arm ten times, rather than be hang'd once: Why should wetting a Man's Skin kill him? for besides Baptism by Immersion, we see Children, even in the Month, are wash'd and cleans'd with Cold Water in all Seasons of the Year, and yet these Children are not kill'd. I doubt, Doctor, your Nurse was a Slut, she let you lie in your Sh-t---n Clouts. You are a plump Man,
Dr.

Dr. I see now, quoth he, what sort of Battor 'tis, has made you so Fat. At which, the Dr. grew Angry, and flung out of the Room.

The next Case is that of Mrs. *Margaret Bray*, of *Barrington* near *Burford*, in *Oxfordshire*, who, for many Years, used Crutches, under which she could stand, but I think hardly go, or but very feebly (if she could at all); she used the Cold Bath two or three times, but was dissuaded from it two or three Years, to the best of my remembrance; and after the fruitless Tryall of several Methods and Physicians, was by Mr. *Bernard* (chief Chirurgeon to her Majesty, the present Queen *Anne*) advis'd to try the Cold Bath afresh, which she did, and with that happy Success, as to get a perfect Cure. She came to see Mr. *Bernard* without any help of Staff, Crutch, or any one to lead her, and so continued for some Years, more than two or three, as I remember; but (*Hinc illæ lachrymæ*) she one Day had been hard Riding in the Heat of the Weather, which then was excessive Hot, and she over-heated by that violent Exercise, unadvisedly, with that heat upon her, went into the Cold Bath, which threw her into Gripes and Colick Pains, but how she was order'd in them, I can't tell, but the poor

poor young Lady dy'd. So here not the means, but the intempestive use of it, is only culpable for that misfortune.

If the *Cold Bath* was the Cause, (which no Man upon Earth can demonstrate,) most probably her Case was the Iliack Passion, as I am inform'd, which might be forming upon her from some other Cause, before she enter'd the Bath; and an Inflammation of that Gut often sphacelates, which is always Mortal where it happens. We see it Cur'd Mr. *Derande* of Colick Pains, and the Lady that had in her Bathing the *Small Pox* forming on her. I hope no Body will be so foolish, as to think, that the *Cold Bath* was the Cause of the *Small Pox*. I saw a Young Man fall into an Epileptick Fit, (suppos'd frighted) by seeing another leap into a *Cold Bath*. 'Tis past doubt, had the Youth gone in at that time himself, all would have thought that the Bath was the cause of his Fit, &c. as in many such cases. Yet I no ways approve of going in with the least Heat above the standard of the Blood.

'Tis true, that the *Indians* in *America*, and in many other Parts of the World, as in *Muscovy*, &c. use to leap into extream cold Water out of their hot Stoves, &c. as may
be

be seen a remarkable Case in Mr. *Pen's* Letter to me. But we must Philosophize upon that Point a little: for one is a heat procur'd by Art, as Fire, which attacks the Body from without inward, the Body sitting in a still, sedate and quiet Posture: the fiery Particles first heating the Skin, and cutaneous Glands, and the Fluids contain'd in the small and capillary Channels of the Veins, Arteries, Lympheducts, &c. next the habit of the Body, as the muscular Flesh, with the Oily Parts, as Fat, &c. when all these are thoroughly heated above the Standard of the Blood, by long session in a Stove or Bath, &c. the Pulse begins to put on, and mend its pace, slower or quicker, according to the degrees of heat pressing on, or obiding the Body, the Sweat begins to run more or less, as the Body is proclivous from its Texture and Frame, or as it is more or less Oily, Obese, Lean or Dry. And altho' the Pulse is perceptibly enough felt to rise, yet the Lungs are at quiet, and respiration unconcern'd in the hurry: But when the motion is made from within outward, Respiration and Pulsation start fair, and are acuated together; for running 20 Yards shall more affect and accelerate the Pulse in half a Minute, than sitting in the hot-

hottest Bath two Hours ; for in the action of Motion, the Spirits and Fluids more intimate, and in the greater Channels are first heated, and the Habit and Oily Parts last. So that leaping into Cold Water, from a Hot Bath or Stove, cannot make such a check and alteration upon the Body , as when the Body is heated by Motion and Exercise ; for first the Heat and Cold made from without inward, drive both one and the same way, tho' they are contrary Qualities ; but the Heat raised from within outward, meeting with the Cold driving against it, such a sudden Clash of contraries must turn the driven Fluids on the driving Spirits, and cause a great disturbance and disorder in the whole Regulation and Oeconomy.

I have had several Accounts of Peoples being much reliev'd, and some perfectly Cur'd, by the use of Cold Immersion in Asthma's, and other difficulties of Breathing ; especially if the Infirmary is taken in the beginning, and not confirm'd by time. Yet an old Gentleman of near 60 Years, lately told me, that having had a Convulsive Asthma for at least 7 Years, he was so Cured at three times Bathing, that he had not the least Fit in three Months after ; and believes, that had he liv'd temperate, and con-

contin'd bathing sometimes, it would not have return'd.

Apples and pomaceous Juices, are the greatest Pectorals, by the Testimony of Experience; and Sir *John Floyer* himself has found the greatest benefit in his most severe Asthma by the constant use of Apple Water, which is his *Potus Ordinarius*, as well at Meals as otherwise. And this puts me in mind of a certain Gentleman that Din'd at Dr. *Cole's* House with my Lord *Fairfax*, and my self, about three Years since, who told us that he saw, in *Holland*, a Gentlewoman and her three Sons, who came thither, from somewhere near *Pomerania*, to Claim an Estate due to them, as next Heirs, by the Death of some Relation, &c. and that both Mother and Sons were so very Old, that between them, they made Four Hundred and Thirty Seven Years; for what any one was short of a Hundred, the others were above a Hundred, which made up that compleat Number of Years; and that they look'd all fresh, saving the Old Woman, who was Pale and very Thin, and that she lean'd on the Shoulder of one of her Sons when she walk'd. That the Sons were very healthful, and had all of them long, grey Beards, as also their Heads were very grey, but not Bald. And I remember that *Hippocrates* says somewhere,

where, that to be Grey betimes and not Bald, is sign of a long Life, &c. But what I mention these People mostly for, is this, That being by this Gentleman interrogated as to their way of living in Esculents and Potulents, he found that their Drink was chiefly Apple-Water, or Crabs bruised and steeped in Water, or pure Water, or Whey, &c. and their Meat plain, simple Country Food, and but little Flesh. He told me, that he forgot to ask them as to their Employment, Exercise, Rest and Labour, &c. which would have been very necessary to have been known. And here since we are upon Apples, my Learned Friend Dr. *Savory* of *Marlborough*, told me of a Horse Diseas'd and broken-Winded, (as they call it) was turn'd into an Orchard of one Madam *Caloway*, near *Marlborough*; and this Horse by eating the Apples that fell from the Trees, and all those he could reach, in some little time was observed to mend, and grew better and better, so that he became again serviceable and fit for use. And meeting with this Gentlewoman's Son, a Surgeon in *London*, he confirm'd to me the same Story; which is the more remarkable, because the Case is new, at leastwise not observ'd as ever I hear'd of. That Apples are a wonderful Pectoral *Expertus*

loquor, for Apples and Milk, &c. sav'd my Life twice in a most deplorable and confirm'd Phthisis; and I remember that that Learned Gentleman, Sir John Hodgkins, sometimes President of the Royal Society, and Master in Chancery, lately deceas'd, told me, that he knew a Consumptive Gentlewoman worn to a Skeleton, perfectly cur'd by the sole use of Apples and Apple-Water. And of this kind many Instances might be brought; but two or three Examples are enough to confirm the thing, &c. But to our business of Cold Bathing.

A Physician of good Learning and Reputation told me, that he knew a Smith in *Torkshire*, who had a Cancer on his right Side, that had eaten the Flesh to the Ribbs, and as broad as the largest Man's Hand, who was perfectly Cured by Bathing in a Mineral Water, and keeping a Cloth wet in the same Water always to it.

Amphillis Brown of *Hall-Court*, within three Miles of *Bromyard*, in *Herefordshire*, by drinking and washing in a Cold Spring near *Bridgnorth*, was Cured of a Cancer about two Years since. Both wonderful Cures! if true Cancers; which I very much doubt, because I have often heard the most Eminent Surgeons affirm, that they never knew a true and confirm'd Cancer ever was Cured. There

There are many Mineral Waters in the Kingdom that do very great Cures by Washing and Drinking; they wash off, or blunt the points of the Corrosive Salts, which keep the Glands raw, and turn all the supply of Chyle, into an eroding Gleet, or fretting Fætid Pus.

My Old Friend Mr. *Edward Rigby*, now Member of Parliament for *Preston* in *Lancashire*, has a very Cold Well, Sainted with the Name of *Anne*, in the Days of Foppery and Superstition, which Well does a great many Cures, both by Washing and Drinking. He has sent me a great many Cases of Cures, too long here to insert; but the chief are Sores of all sorts: but admirable for sore Eyes, the Worms in Children or grown People, also swell'd Leggs, Rickets, wandering Pains, as Rheumatisms, &c. to which great many People resort with Success.

There are a great many Cold Baths lately Erected in *England*, and next to Mr. *Baynes's*, is that at *Bathessen*, near our famous Hot Baths. It is a very Cold Water, soft and alkalious, for it will lather, which few Cold Springs will do, so the wholsomer to Drink. It rises on the side of a steep Hill, with a brisk Current, and runs North-West and by North. 'Tis in the Grounds of Dr. *Panton*, and by him built, and made

very convenient for all the uses of a Cold Bath. From it is a pleasant Prospect to the City of *Bath*, and other various and delightful Prospects of the Country; and besides these advantages, there is another also (but not to be spoke of) the Doctor keeps for his Friends, a Cup of Humming good Liqueur there also; but *Mum* for that, and *Mum* in Print is like sealing a Bond in private, which begins with *Noverint universi*.

The Honourable *Charles Stanley*, Esq; Brother to this present Earl of *Derby*, has made a Noble Cold Bath in *Grippy Wood* near *Ormskerk* in *Lancashire*. I am told he has made it a very compleat Bath, with all the usual conveniencies. 'Tis but lately Erected: and the first Man that went into it for any Infirmary, was a labouring Man, one *Thomas Beck*, whom it Cur'd in a very few Immersions: but what his Case was, I was not inform'd, any farther than Aches and wandering Pains.

What the *Bristol* and other Cold Baths do, I do not hear; but this I know, that all Cold Baths do the greatest Cures to those People who have been in our Hot Baths first; and why it should prove so, the Reasons to me are very clear.

For first, a clammy, cold, phlegmy, tenacious Humour fixt, can never be remov'd by the Cold Baths, but stiffen'd, and made worse; but when relax'd, and loosen'd by the soft dissolvent Waters of the Hot Baths, the viscosity of those tough Humors are melted down, and wash'd off by Sweat, and much the sooner and easier when assisted by the Blood and Spirits, brisk'd and invigorated by constant drinking these *Nitro-Sulphureous* Waters, warm from the Pump.

Then indeed, like Winter's succeeding Summer, the Cold Bath may be seasonable (when the morbid Matter is remov'd) to strengthen and confirm the Muscles, and Tone of the Parts; it braces the Nerves, and relax'd Membranes, and so fits their Drum to beat a March to the next Tavern, where they sit like so many *Turks* in their Napkin Turbants, and with Anti christian Discourse over Christian *Wine*, carefully spill nothing but their Healths, and so God knows marr many a good Cure.

And I have known many Cafes, in which neither Hot nor Cold Baths have touch'd singly; yet join'd, that is, successively used, have perform'd the Cure.

I have known, when the Blood has been heated above its Standard by Drinking Strong Waters, burnt Wine, &c. or Swimming, Diving, &c. or staying too long on the Hot Springs, that such violences have thrown 'em into Fevers, which was poor Dr. *Conquest's* and poor Dr. *Baden's* Case, who after heating himself with Dancing, went into the Hot Bath, and drank Wine, which threw him into an intense Fever, who upon his own Head unadvisedly Purg'd, when he should have Bled, which was the cause of his Destruction.

Which unhappy accident proves the Truth of my Assertion, when either Heat or Cold drives contrary ways, tho' the same, or contrary qualities: for Heat made from within outwards, going into Heat, pressing from without inwards, makes a strange hurry and bluster in the Blood: and in such a Case there is but one way to quiet and appease that Quarrel, which I found out by an accident on my self.

In Cold Water also there is the like disorder, if Men go into it Hot from Exercise; some have had their Limbs taken away, others their Hearing, as a Gentleman on his own Head went from the Hot Bath to the Cold Bath at *Bristol*, and being hot with Walking, and entering in a Sweat, was
at

at the first dip, or duck, taken Deaf; but was afterwards restor'd, but not without some trouble. And here 'tis very pertinent to insert a Letter of an Ingenious Young Gentleman, a Member of this present Parliament, whose Case is extremely apposite to this purpose.

Feb. 3d. 1705.

To Dr. Edward Baynard.

S I R,

HEaring you were upon making some Observations on the Cold Baths, and the operation of Heat and Cold on Human Bodies, I cou'd not but acquaint you with some Experiment of that kind. The Experience of which, I must confess, I have unfortunately bought. And the thing is this.

About Eleven Years ago in the Summer time, when Grass was ready to be Mown, I being a School-Boy, went down to a River, with four or five more, where, after we had been all in the Water, we ran a-

hout the Meadows, all Naked, to dry our selves: but the Weather being excessive Hot, we soon exercis'd our selves till the Sweat ran; upon which, I being in a Sweat as well as the rest, went to the River and leapt in. I no sooner was in the Water, but my Limbs fail'd me, and there I lay helpless, the rest not daring to come to help, fearing the like Accident, till one being somewhat cooler and bolder than the rest, lifted me out of the Water. Upon this, I was carry'd home, where after having taken something by the direction of a Physician, who happen'd then to live in the House with me, next Morning I had the use of my Limbs as well as ever: But alas! every thing was in a deep Silence, all Mouths had lost their Tongues, Bells their Clappers, Birds their Notes, Trees their Whistling; in short, e'ery thing mov'd, as it were, by Enchantment; and to conclude, my Sense of Hearing was so firmly lock'd up, that *Ulysses* ne'er secur'd his Companion's Ears so well against the *Sirens*, as mine were against all Sounds whatsoever. But, I thank God, by degrees my Hearing came to me, and I Hear now very well.

I shall add but one thing, and that is, my Head was not under Water, which, perhaps if it had, it might have had other Effects. But this I shall leave to your Consideration, Who am,

Your

Humble Servant,

G. D.

From

From what has been said, there is cause enough of Caution, how Men unadvisedly run into Cold Water, after being warm'd by Exercise, or spontaneous Sweats, without being rais'd or procur'd by Heat; for such Sweats are oftentimes critical: and to make a check upon a Crisis, when Nature is throwing off the morbid Matter, may be of most dangerous Consequence, and with the greatest care and circumspection to be avoided. 'Tis true, what Custom may do for early usage, I can't account for; for 'tis matter of Fact, that in *Holland, Flanders,* and those Countries, when their Horses are all in a foam, by Sweat and Labour, they immediately rush 'em into Cold Water, and set them up, and yet they get no harm. But Horses that have not been accusom'd to such usage, must receive great damage by it; but let a Horse be never so hot, if you Swim a River on his Back, and Ride him hard after it, he receives no harm, because the motion of the Blood and Spirits being made the same way that it was before he took the River, is continu'd from within outwards, from the Center to the Circumference; and the check made by the Cold Water, can be but small, because the Horse labouring in Swimming, continues the same motion, and with as much labour

labour as he did in his Speed in Running, &c. but it is the standing after such violent Exercise that does the mischief. So walking a Horse, or any other Animal so heated, until he become cool, no Injury ensues: And I heard an Old *Oliverian* Soldier say, That they preserv'd their Horse much better than the *Cavalier* Party, by only observing strictly the injunction laid on them by their Officers, to walk their Horses after a hard March, until they were cool, &c. And Huntsmen will tell you, it has often been observ'd in Foxes, that after a hard Chase, they'l walk themselves cool before they Earth. But the silly Hare squats in her Heat, and has often been taken dead, and stiff, from her Form.

I once in Hunting a fallow Deer in the Month of *July*, and a very hot Day, saw a sprightly Colt about two Years old, follow'd the Dogs over Hedge and Ditch during the Chase, and, I think, the Buck stood about four Hours before he sunk, and was seiz'd by the Dogs. This Colt being very Fat, and all over in a foam, ran into a Pond, drank his fill, and then lay down; the Huntsmen with much ado got him out, but he died in less than half an Hour. And here I remember that Colonel *Bampfild* of *Hardington* in *Somersetshire*, told me, that

That a Stag, after a very hard Chase, took the Water, drank his fill, and stood at Bay with the Dogs, but soon sunk. And he did solemnly profess, to his great amazement, that cutting the Deer's Throat whilst he was warm, the Blood stunk, and was Putrid, as it run from his cut Jugulars, &c. He was a Gentleman of Worth and *fides dignus*, and since, I have heard something like this confirm'd by others.

How many have been destroy'd by drinking cold Liquors, after heated by Action? Contrarily, the Guides at the *Hot Bath* never catch Cold, by drinking cold Liquors, tho' never so hot, by Bathing; and what is worth Observation. After a large draught of Beer, or Ale, (if hot by Bathing) that the Sweat shall immediately burst forth, and stand like so many Perles upon their Skins; which old *Stephens*, who was a Guide above 50 Years, has often shewn me in the slip; and tho' through such profuse Sweats, they Piss but little, yet many of them live to great Ages.

I am of the Opinion, that Man is not a drinking (because not a carnivorous) Animal, at least, no more than a Rabbet, or Sheep, forc'd to it when the Grass is Sun-burnt, Parch'd, and Dry. For if we liv'd, as did the *Antediluvians*, on Fruits, Roots and Herbs,

Herbs, &c. those Esculents had moisture and succulency enough to abate, (or rather to prevent) Thirst. For under a strict Temperance, where Men Sweat but little, and use no Salted Meats, they are seldom or never Thirsty. And I knew a Man that told me he had not drank in a Month; but then his Food was Apples, Melons, &c. And the less Men Drink, nay and Eat too, the better Health they enjoy, and are brisker and more lively than the *Sot* and *Glutton*, and live twice or thrice their Ages; for their Organs are less used, and consequently less worn. They breed less Spirits, less Blood, the Veins and Arteries are not so fill'd and crowded, the Circulations not so swift and frequent, the Bowels not so thin, and the Mucus not wash'd off; which is not only a Lining and Defence to the Stomach and Bowels, but to the Veins and Arteries also, to keep their Coats from wearing in too quick and frequent Circulations, which in unnecessary and thirstless Epotations, especially of strong and spirituous Liquors, that unthinking Animal, the Drunkard, puts the fatigu'd Troops of his own Household (*Sots Hall*) too often upon; till they ravage and lay waste that Carcass, in a few Months, which might have serv'd an Honest and sober Soul to have liv'd comfortably in a hundred

dred Years: Who, when he is forsaken of his Health, Mony, Time, Friends and God, too late cries out, in the bitterness of his Soul: Oh! that I had been Wise, &c.

But, *ad Rem.* I am of the Opinion, that Spring Water, cover'd, in a House, is much colder in the Night than in the Day, considerably Colder I mean, than the absence of Light can be suppos'd to make it: especially three Days before, and after, the new and full Moon, as the Spring Tides rise and fall, they give a strange frigidity to the Air, about that time, especially when the Wind is at any Northern Point. This I have tryed by my Hand, but not yet with a Thermometer. That Cold is a Positive, and not a Privation. *Sebastianus Wirdig*, in his Tract *de Medicina Spirituum*, tho' Paradoxical enough, yet in some of his Notions he may be right. He says, that the Moon is as truly the cause of Cold, as the Sun is of Heat; and he calls it a Cold Fire, and that it burns from its intense Frigidity, &c. and that the Lunar Rays were the true and strict cause of Cold. His Words are

Ut Calor is ignis Solis seu Solaris qui calidus est, & a Sole tanquam a fonte ad nos radiat, ex opposito frigus erit Ignis frigidus, ex Luna ad nos demissus.

— *Frigus autem esse Spiritum Lunarem monstrabo 1 per Mechanicam. Radii Lunares collecti per Lentem seu Speculum concavum frigidi sunt & igne suo frigido Spiritus verrucarum vegetantes enecant.* And mighty fond he is of this Notion, that Cold is a Fire, and that the Easterly Blasts, as the *Etesia*, burn the Leaves and tender Twiggs; which blighted Leaves, &c. if rub'd between your Hands, smell very strong of a Sulphurous Gas. And that most intense Cold will extinguish a Candle. I suppose it must be by sheathing the keen Particles of Niter into the Tallow, which Niter is invellop'd in the frozen aqueous Particles of the Air, which thawing by the Flame, it is by them extinguish'd, or else the Flame reaching and melting the small Volatile frozen Icicles hovering in the condens'd ambient Air, resolves it into a Fog or Mist, which damps, suffocates and choaks the Flame.

Imperium sibi arrogat frigus in ignem, ita ut intensissimam Candelam extinguat.

That the *Cold Bath*, the colder it is, the swifter the Spirits concentrate and flie from it, is seen in Syder and other Spirituous Liquors thoroughly frozen, where all the Phlegm shall be condens'd, and the vinous inflammable Spirits crouded and

and concenter'd in the middle of the Vessel, &c. which Spirit is generally more or less, according to the strength of the Liquor. But a Country Gentleman told me, that he in the great Frost, *January, 1683.* saw'd a Hoggs-head of very good Syder for frozen, in two, and that he had not above the 55th. or 60th. part of pure Spirit; for some was spilt in the Operation, and that it lay in a Nest of an Oval form, &c.

I have observ'd some of the best Cures, done by the *Cold Baths*, is from a sudden Plunge over Head, and so immediately go out, and repeat it two or three times in a Day, especially twice in a Morning, and Hour or two between each Immersion, when the Stomach is empty; for then the Body's not repleated and stuff'd with Food, and the Head serene and clear, the Spirits have room to shoot, retire, and concentrate, which upon going out of the Bath, the pressure and frigidity being taken off, by their springy and elastick Power, force their way and passage through the obstructed Nerves, &c. but long staying in, weakens their force, and the benefit of the Immersion is lost.

Hence I may instance for a Simile, a Bow which drawn smoothly to the Arrows Point, and that Moment let flie, it soars aloft, and

answers

answers the intent of the Shooter; but if it be drawn to the Head, and there held five or six Minutes, the Fibres of the Bow being weaken'd by so long a tension, it hardly has strength to eject it from the station of the Archer.

A Gentleman of the *Temple*, a hale sound Man, of a strong athletick Habit, out of a Humor, and to try his Strength, stay'd in the *Cold Bath* of Mr. Baynes, at least 15 or 16 Minutes; but it so chill'd him, that he had much ado to recover it, and was not well in some time.

Another stay'd in St. *Mungo's* so long, until the Veins in the extream Parts began to look black, and the Blood stagnate, but was, thro' care, recovered; but came not rightly to the free and genuine use of his Limbs in some Months. So that the best Remedies have their *nocumenta*, when ill administred, over dos'd, or abus'd thro' Folly and Ignorance. So Patients in these Courses should be rul'd by their *Physician*, and not jest away themselves out of a Bravado; so a Man that can't *Swim*, and han't help, near an *Inch* over the *Nose*, will as soon drown him, as if cast away in the *Bay* of *Biscay*. But, I hope, a Word to the Wise is enough.

The best and wholsomeſt thing in Nature may prove noxious, by intempeſtive or immoderate Uſe, according to the old Diſtich.

Balnea, Vina, Venus, corrumpunt corpora no-
(ſtra:
Reſtituunt eadem, Balnea, Vina, Venus.

Baths, Wine and Wives, deſtroy, if took too
(much;
But Healthful all, when, now and then a
(touch.

So that nothing can be ſo friendly to our *tender Natures*, as the temperate uſe of every thing, eſpecially thoſe which relate to our *Healths*; and 'tis rare to ſee very Old Men, or Women, but in ſome one thing they were always cautelous, and liv'd by a certain Rule, either in Eating, Drinking, Reſt, Exerciſe, &c. or not eaſily anger'd or diſturb'd by other turbulent *Paſſions* of the *Mind*; and 'tis ſuch People that uſually bring ſound and healthful *Children* into the World; and on the contrary, the Proud, Haughty, Forward, Ill-Natur'd, that vex and fret at every Trifle, together with their high ſavoury *Sauces*, Wine and ſtrong Drink at every Meal, Supping in a Morning, and Di-

Dining at Supper Time, bring a brood of miserable small *King's-Evil*, *Scabby*, *Ricketty* Infants. And now I speak of the *Rickets*, I know nothing in Nature so *Specifick* and present a Cure as Cold Immersion: and therefore, I believe, this Distemper was not known in the time of *Hippocrates*; where he says, Cold is naught for the Bones, Brain, Teeth, Nerves and Spinal Marrow, &c. where chiefly the seat of the *Rickets* lies. His Words are τὸ ψυχρὸν ἐπὶ τὰ ὀστέα καὶ τὸν ἐγκεφάλalon, καὶ τὰ νεύρα, καὶ τὸν σπινθῆρα, καὶ τὰ ὀστέα, ὅθεν ἔστι, καὶ τὰ ὀστέα, ἐν τῇ κεφαλῇ, καὶ τῇ σπονδυλῇ, καὶ τῇ ὀστέῃ, καὶ τῇ σπονδυλῇ, καὶ τῇ ὀστέῃ, καὶ τῇ σπονδυλῇ. And concludes the end of the Aphorism, τὸ δὲ θερμὸν ὀφέλιμον, by which he means *Heat*, or *Warmth*, are of use, and comfortable to these Parts, to which he supposes, that Cold is injurious. As to Cold, I conceed and agree with him, *quatenus* Cold; but cold Immersion only acts cold upon the *Surface*, and outward *Skin*, and by closing the *Pores*, &c. stops the perspiring *effluvia*, and turns those heated and warm Steams on the Blood again, which must invigorate the Blood and Spirits by the addition of that *Heat*, which is lost by a continued *perspiration*, the Body being incarcerated in Water, and all the *avenues* stopp'd up, even *respiration* for that Moment of *submersion*; which, I think, is the only measure of *Time*, (Children at least)

and *Weak People*, ought to stay in the *Cold Bath*, and let the *Immersion* be the oftner repeated; by which means they would be secur'd from those *accidents* and *hazards*, which a longer stay might bring upon them.

And this seems to be the *Sentiment* of the Learned *Sennertus*, l. 4. c. 7. de *Baln. Frigida* vero aqua *Partes* quidem, quas attingit, refrigerat, ex accidenti tamen, *Poris* conclusis, atq; intro repulso & coacto calore, calefacit. Unde si ex dissipatione calor natus periclitatur, frigida tempestive exhibita eum recolligendi & conservandi non parvam vim habet, totumq; Corpus, & imprimis carnosam *Musculorum substantiam* firmat.

As to the *Rickets*, it was a *Distemper* in *England* almost worn out, but now it begins to come in *Play* again. But in the time of *King Charles I.* it was almost *epidemical* few *Families* escaping it; especially those that were *Rich* and *Opulent*, and put their *Children* out to *Nurse*; where, thro' unnatural *Usage*, and vicious disagreeable *Milks*, the *Infant* was soon spoil'd by contracting from the drunken *Nurse*, *Cacochymion* Juices; hence with the growing *Infant* grew up, the *Boot* fashion for the *Men*, and long *Coats* for the *Women*; for they were ashamed at their crooked *Leggs*, that they wore *Boots* to hide them. And this beginning

ning at Court (among the *Quality*) the
staight Legg'd *Fools* must follow the Fashion,
and wear *Boots* too, with great Boot-Hose
tops of fine Linnen, lac'd, &c. and Jingling
Spurrs, which gave occasion to the then
witty *Spanish Ambassador* at his return home,
to jest upon our *Follies*; for being ask'd by
his Master, the *Spanish King*, if *London*
were a populous City, he answer'd, it *was*.
Was, reply'd the *King*, why is it not so
now? no, quoth the *Ambassador*, I believe
they are gone ere this, for they were all
Booted, before I came out of *Town*.

These *Nurses* spoil and destroy, through
neglect and want of (true Mother) *Tender-*
ness, two thirds of the poor Infants commit-
ted to their Care. A very pious and good
Man, *Minister* at this time of a certain
Town not far from *London*, on the Banks
of the River of *Thames*, told me, with a
great deal of Sorrow and Concern, that it
was the greatest trouble he had in the
World, to see, even in his own *Parish*, how
many Children were sacrific'd Yearly to the
barbarous Treatment and ill Usage of their
Nurses, what with bad Milk of their own,
and feeding the young Infant with mixed
Meats and Drinks, as *yeasty new Ale*, or
Stale-Beer, &c. which makes it *Puke*, or
gives it the *Gripes*, from green porraceous

Bile, &c. Then it has the *Worms* forsooth, and must be physick'd the *Nurses* way, by some neighbouring drunken old Woman, or favourite *Quack* or *Apothecary*, who vouches for the *Nurses* Care, that its time was come, and no more could be done; and this dismal Alarm is posted to the *Parents* two Hours after it is dead, to hasten down, the Child being suddenly taken very *Ill*, and that usually when 'tis over-laid, or choak'd with hard bandage, &c. Down comes Madam the Mother, furbulo'd, with an erected *Rump* (crying and bellowing) and running about half *Mad*, like a *Cow* stung with a *Gad Flie*, and with her *Maid* laden with *Pots*, *Glasses*, *Venice-Treacle*, *goody Kent's Powder*, *Goat-stone*, *Black-Cherry-Water*, &c. And after her, *Easie*, her Husband with a *Coach* and four, with, perhaps, a brace of *Doctors*, or some famous *Child's Apothecary*, &c. And thus the *Parents* are kept in the *Dark*, and the *Murther* of their Children stifled, when all this might have been avoided, by bringing the Child up by *Hand*, at home, under the Mothers *Eye*, if through Weakness, or want of Milk or good *Nipples*, she could not Nurse it her self. But these deficiencies in the Mother, are chiefly owing to her *Parents*, who must have Miss fine, and
tight

tight lac'd for a *slender* Waist, or a *Ball* or dancing *Bout*, &c. hence the Nipples are squeez'd in, and the whole Breast laid flat, when young. Thus the *Glands* are press'd and injur'd, and made incapable *fungi officio*, in lactifying and sweetning the Blood into that delicate *Juice* call'd Milk: and sometimes worse accidents attend these hard Lacings, as *Cancers*, *Scirrhus* and hard *Tumors* in the Breasts, &c. But Women that are able to Nurse their Children, and will not, thro' Pride, Laziness, or something else not to be nam'd, are Monsters and the worst of *Brutes*: for nothing can be so friendly and homogeneous to the *Child*, as the *Mother's Milk*, being of (or very near) the same *Substance* of which the *Child* was made, and nourish'd in the *Womb*. And I am of the Opinion, that without *God's great Mercy*, there are more Women damn'd for Child-destroying, than saved by Child-bearing. Do they know what they do, when they foolishly, or wickedly destroy a *Child*? who knows what this *Child* might have come to? They may rob Heaven of a *Saint*, the Throne of a *Prince*, the Church of a *Bishop*, and the Bench of a *Judge*, &c. Great Men and good Men have sprang from mean *Parents*, and small Beginnings, and yet have been instrumental

to save a *Kingdom*, Examples that History is full of, &c. I knew my self as proper a Gentleman as most in *England*, was saved in the *Birth*, by a design to *destroy* him. His Mother was spent with *hard Labour*, and a skilful Man being sent for, to *deliver* her, and seeing no possible means else left to save *her*, struck his Instrument into the *Roof* of the Child's *Mouth*, instead of the *Skull*, and so brought him into the World; and, I think, he told me his *Mother* was also sav'd. He was a Gentleman of an ancient Family in *Cheshire*. By this Wound, he had a great Impediment in his *Speech*, but might be very well understood, when he took time to express himself.

But now to tell you how many *Children* have been destroy'd by *Swathing* and *Rowling*, is a *black Scene*. Hence most Diseases of the *Chest*, and *Lungs*, *Asthma's*, short *Breathings*, *Consumptions*, and all the *Coughing Tribe*. I have open'd, and seen open'd, a great many Men and Women in my Life, and I profess, near the *half* of what I saw, either one *Lobe* or other *stuck*, adher'd, and grew to the *Ribbs*, that is, the *Pleura*; and I principally attribute this misfortune to *Swathing* and *Rowling*: and my Reasons are these. First, it has been observ'd, as far as I could learn by enquiry, that the *Indi-*
ans,

ans, and several other Nations, as the *Highlanders* in *Scotland*, the Native *Irish* are proper, fair, straight, because never rowl'd. My next Reason is, because *Infants*, when so very Tender and Young, are little better than a *squob Duck*, or *Chicken*, a meer *Callus* or *Gluten*, and may be writh'd and wrung by the least mis-bandage into any inform *Figure* and *Shape*: Hence *crooked Backs*, *buckle Hams*, *Baker Knees*, &c. Now when this poor Infant is tight rowl'd, and wrap'd in Flannel, nay Flannel upon Flannel, and laid to Bed in *Harness*; 'tis impossible that the *Chest* can expand to its full stretch in *Inspiration*, so consequently can't grow to its due extént; but the *Lungs* are at liberty (for they can't be rowl'd) and so grow in bulk, too fast for the *Chest* in breadth; but the *Breast* not extending equally with the growth of the *Lungs*, the *Lungs* grow too big for the hollow of the *Thorax*, and by touching and adhering to the *Pleura*, there stick and grow.

Hence 'tis that for the most part such Children are *Pot-belly'd*, and have large *Heads*, because the *Head* and *Belly* can't be so conveniently rowl'd as the *Ribs*, &c. and such Children, if they live, besides the infirmity in *Breathing*, are usually *ventricous*, and
not

not so *agil* and *nimble* as other Children, and are apt to slide into white *Swellings* and *Leucophlegmatia's*, &c.

Observe a Child when 'tis *loose* and *un-rowl'd*, before the Nurse puts it to *Bed*, how it plays with its little Hands and Leggs, and is so pleas'd; and how fowr and forward, when 'tis *buckl'd* up for a whole Nights *Pain* and *Torment*. 'Tis a great Shame that greater care is not taken in so weighty an Affair, as is the *Birth*, and *Breeding* of that Noble Creature, *MAN*: and considering this stupid and supine negligence, I have often wonder'd that there are so many men as there are in the World. For what by Abortions too too oft caused by the unseasonable, too frequent, and boisterous, drunken Addresses of the Husband to the Wife, when young with Child, and her high Feeding, spiced Meats, Soops and Sauces, what with strait Lacings, Dancings, and the like, one full half of the Men begotten are destroy'd in the *Shell*, squob'd in the *Nest*, murther'd in *Embryo*, and never see *Light*; and half of the other half *overlaid*, *starv'd*, *poyson'd* by ill Food, and kill'd at *Nurse*, &c.

Tho' breeding Children by Hand is a safe way when under the care of the *Mother*, *Aunt*, or some near Relation, yet Womans Milk
is

is much better, and more Natural: but if the Mother be under such circumstances as not to be able, let her choose a *Nurse* of the same Complexion, same colour'd *Hair*, *Disposition* and *Temper* of *Mind*, and as near as she can of the same *Age* too; for the strong Milk of the *Red* and *Black*, will not agree with the *Fair* and *Brown*, &c. and let the Nurse use her self to Chearfulness, and a cooling Dyet, often eating thin Milk-Porridge, and often drinking a Glass or two of good Spring-Water, once in a Day at least, especially after eating a full Meal of *Flesh*, and drinking *Wine*, or any other strong *Drink*, &c. for that will temper and allay the *Acrimony* of the Blood, and dilute and wash off by *Urine* those *caustical* and *acrid* *Salts*, which often are the cause of *Gripes*, and sometimes *Convulsions*, &c.

If the Nurse, at any time, drinks any fermented Liquors, let it be a small, well brew'd, clear *Ale*, neither *new* nor *sowr*; but above all, let her have her due *Rest*, and go to her *Repose* betimes. Sleep softens and sweetens the *Juices*; for the secretions are better made in the state of *Quietude* and *Rest*, than in *Action*, *Noise* and *Hurry*: This is every Days Experience at the *Bath*, (and in all other Places where 'tis observ'd) that the

the *Waters* pass best, either sitting *still*, or lying in *Bed*.

I have been sent for often, and sometimes knock'd out of *Bed*, to Children just dying, in *Fits*, as they call it; and sometimes have seen the *Child* black in the *Face*, *Hands* and *Arms*. I straight caus'd it to be strip'd *naked*, and the *Child* was well in an Instant: And I always found (or very rarely otherwise) that it was either tight *Swathing*, *Chin-stays*, or other hard *Bandage*, was the only cause of the *Fright* and *Fear*.

And if all the *Physicians*, *Chirurgeons* and *Apothecaries*, should club their *Observations* on this head, I doubt (besides what really die for't) two thirds of the *People* of this *Nation* have been a hundred times *half hang'd*, before they were a *Year Old*.

How many poor *Infants* have I seen brought *shackl'd* to the *Font*, half choak'd, to receive the first *Seal* of its *Salvation*, with a *Face* as *black* as my *Hat*, as if it *blush'd* for *Original Sin*, and all through the super-fine tight *Dressings* of *Madam the Midwife*, or her principal *Maid of Honour*, *Mrs. the Nurse*; nay, some have been so hard *swath'd*, they have been forc'd to slacken the *Bandage*, even in the *Church*.

Now

Now, when they christen'd Children by *Immersion*, the poor *Infant* was secure from that Days Punishment; for doubtless they carry'd it loose to the *Font*, in order to the more convenient and speedy *dipping* of it in. I could wish all *Mothers*, *Midwives* and *Nurses*, &c. to whom these *Presents* shall come, that it may be *impress'd* on 'em (like the beginning of Bonds) with a *noverint universi*, that they may not only be admonish'd of this great *Fault*, but that they *amend it* also.

One thing I had almost forgotten, which is as *material* as any thing said; that I was hardly ever call'd to any Child *convuls'd* in the *Month*, but upon enquiry, I found that those *Fits* (mostly) proceeded from giving the Child *SACK*, or other *spirituous Liquors* analogous to it, or at least discovered the *Effect* from the *Cause*, when the *Mother* or *Nurse* chear'd up their Spirits ten times in a *Day*, with a plentiful *Dose*; but what more wonderful is, that this unnatural usage should so long prevail among *Men* (so tender of their *Species*) when every Butcher knows it would kill his *Calf*, without either *Ax* or *Hatchet*; nay, even some of our famous *Bottom-wrights*, for want of a right *Bottom*, the *Mid-men* have so far consented to this fatal and pernicious

Pra-

Practice as never to discountenance or forbid it; and without the stop begins there, or quash'd by Physicians, I doubt those great *Errors* will amble on, to the end of the Chapter. And so I shall conclude this Subject with a Relation of a Child almost sweated and smother'd to death, by the over care of its own Parents.

I was sent for to this *Child* (not far from the *Bath*) about three quarters of a Year Old, dying as the Messenger told me. I found it in a great Sweat, hard *tack'd* in a wooden *Cradle*, and in the heat of Summer, the Month of *July*. I caus'd the Child to be taken out, and brought near the Fire, so stript it *naked*, and put on it a warm clean *Shift*, (the Cloaths taken off the Child both Linnen and Woollen, were so *wet*, you might have *wrang 'em*) and over the Linnen Shift, a loose sort of a Child's Gown. The Child's *Tongue* was very white, it made signs for Drink, I caus'd three parts *Water*, and one part *Milk*, to be heated a little under Milk-warm; 'tis incredible to tell how much of it that poor Infant drank, and soon fell asleep; in which Sleep, it had a large loose *Stool*, and five Hours after, when it awak'd, it was as well as ever it was in its *Life*. I believe the loose *Stool* might proceed from the large *quantity* it drank,

drank; and the Mother afterwards told me, that they observ'd that the Child made no Water in a great many Hours after it awak'd, and then it was not in any quantity, smelt very strong, and high colour'd, as much as they could perceive, by staining the Clouts.

Telling this Case to my learned Friend Dr. Cole, quoth he, I doubt not but many young Children are *destroy'd* by such usage; and not only Children, but *old Folks* too. I remember, said he, that I was call'd in where another Physician had deny'd a Man *Drink* in a most intense *Fever*, with a *Pleurisie*, that the *Blood* was so *glutinous* and *thick*, that it could not run (for want of *dilution*) tho' the *Vein* was fairly opened. I order'd the Patient to drink as much as he pleas'd; upon which, he bled freely, and presently began to *mend*, the *heat* vanish'd, the *Pleuritick* Pains went off, and the Man recover'd in a Day or two.

I could give a 100 such *Instances*, where People of all *Ages* have been lost, by being deny'd *Drink*; and in the *Small Pox* it has been of fatal consequence; for it not only hinders the filling of the *Pustles*, but the fiery alkalous *Salts* are thereby retain'd in the *Blood*, and not wash'd off by *Urine*, which does not only increase *Thirst*, but is the

the chief cause of *Inquietude*, and *Restlessness*, &c. and an *Apple* or two boil'd in *Milk* and *Water*, and strain'd off, and drank *quite*, or very near *Cold*, is the best *Julap* in the World. I could enlarge upon this Head, from my *own*, and other *Physicians* Experience, but *verbum sat*.

By this short digression from my purpose, I have eas'd my *Mind* of a debt I ow'd to the defence of helpless and tender *Infants*; and I could heartily wish, that those of our *Faculty*, who are more conversant among the fair *Sex*, as assistant to them in their hard *Labours*, &c. that they would cast an *Eye* a little beyond the delivery of the Woman, to see how a sprawling, mighty *NASSAU*, or some other great and glorious *Captain*, was mannag'd in his *Mantle*. For what *Atchievements*, what *Revolutions* have been brought about by a brave and gallant Man? How soon might a *Bacon*, a *Drake*, a *Rareleigh*, a *Camden*, a *MARLBOROUGH*, or a *Tillotson* been *stifled* and *over-laid* by a sluggish and drowsie *Nurse*? 'Tis *God-like* to save from the *Grave*: and as no thanks are due for the acts of our *Duty*, in saving a helpless and perishing *Infant*; so for that only, no reward can we expect hereafter, it being a *Debt* of our own (tho' our *Enemies* Child)

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impres'd on *human Nature*; and he that shall dare to out-dare that implanted heavenly *Temper*, struggles with himself, to divest himself of himself, and swops the *Man* for a *Devil*, &c.

Of the power of *Cold Water*, in a suppression of *Urine*, caus'd from too long retention, I have many instances, some few whereof I shall here mention.

A Gentleman at a long Tryal at *Bar*, in a Title of *Land*, where his *All* was at stake, held his *Water* so long, that when the Tryal was over, he went to make *Water*, but could not, the *Fibres* of the Bladder being so much, and so long extended, that they could not contract. The Gentleman lay all Night in extream Pain, and yet with a great desire to *Urine*, but could not. The next Morning he took several diuretick Drops, as *Spir. Nitri dulcis*, &c. in white Wine, &c. but to no purpose: I hearing of this by chance, bid his Friend strip him naked, and wrap him round the Waist and Belly, with a wet *Towel*; which as soon as done, he made *Water* immediately, but was for some time afterward, troubl'd with the *Strangury*.

From this over-modest Custom of holding too long their *Urine*, I have known some fatal consequences; as happen'd to a worthy young Gentlewoman, riding behind a Groom to her Sisters Labour, another Servant riding on another Horse to open the Gates, &c. she forgetting to do what was convenient for her before she mounted, rode in extream Pain for, at the least, 8 or 9 Miles, her Modesty not suffering her to alight in the presence of her Servants, but labour'd under that pressure unto her Journeys end. But alas! the long retention had made so great an extension of the *Bladder*, being fill'd with too great a quantity of *Urine*, that Nature, without help of Art, could not relieve her, and the Ignorance of the Attendants and People about her, made wrong applications of quite contraries, as the use of warm Cloths, &c. and fill'd her with Liquors, as Syder, Stale Beer, White-Wine, with Hony dissolv'd in it, &c. which but fill'd the Vessels, and added to the over-loaded Bladder, too full before, that in two or three Days she began to swell in the *Veins* first, next in the *Habit* of the Body, which would pit upon pressure with the Finger, as usual in an *Anasarca*, &c. at last she grew Sleepy, and then was less sensible of Pain, and dyed about

about the 14th Day. Now had any Body about her been so Wise, as to have taken some Blood from the Arm, and kept her fasting, put her Feet into cold Water, and wash'd her Arms, Neck and Breast with it also, 'tis forty to one, but that the Lady might have had the benefit of *emission* thro' a strong universal muscular contraction, which, by the extream frigidity and consent of Parts, from the sudden attack of external intense Cold, might have given such a general Shock to the whole, as to have saved her Life, especially if she had had the convenience of a *total* Immersion. Several have received great benefit by the use of Cold Water, both inward and outward, in many Urinous Cases, but especially in a Suppression, caused by long retention, &c. But oftentimes a great Suppression proceeds from another Cause: As when the Blood is too viscous and clammy, and does not separate its urinous Serum; and sometimes by default in the renal Secretions, &c. In such a Case I have seen Acids, both Vegetable and Chymical, drank in convenient Vehicles, have, like Renet to Milk, separated the Serum, so as secretion has been presently made in the Kidneys, and the Man has urin'd immediately. Several Examples of this were printed in the *Philosophical*

Transact. Anno 169 $\frac{1}{2}$. in the beginning of the 19th Volume, &c. where Dr. Cole and Mr. Bernard, in such a Suppression, were concerned with me, in the Case of Mr. Roger Kennion, then Member of Parliament, who had not made a drop of Water in some Days, and no Water in his Bladder, by the proof of the Catheter; but by the use of Acids, as Lemmon in Rhenish Wine and Water, *Spir. Nitri dulcis*, and the like, he was perfectly recovered in a very little Time. What cold Immersion would do in this sort of Suppression, I have not try'd, but it seems rational, that the Cold driving the Heat inward, the Spirits should quicken the sluggish Secretions, if some brisk vinous Spirits were given inwardly, and the Patient well rub'd with a hard Hand in the Bath at the same time.

Mr. Christopher Stocks, of *Whitchurch* in *Hampshire*, had, here in *London*, a total suppression of Urine. He had several Physicians with him, as well as my self, we tryed all things tryable, but cold Water and Acids, which he would not consent to. He began to grow drowsie on the 7th Day, and dyed on the 15th. To my best remembrance, Mr. William Cowper the Surgeon open'd him, and we found no Stone in his Bladder, but one very small as

a Vetch, or Pea, but his Ureters were stuf't as full of small Gravel and Sand as they could hold, as also the Kidneys. One thing here is worthy of Note, that he told me, that he never took any sowre, sharp Meats or Liquors in his Life, and that he was a great lover of new Ale. He was a Man of a soft sedentary Life, towards his latter end, and used very little Exercise.

The learned Dr. *Cyprianus*, the famous Lithotomist, (who has receiv'd such benefit by Cold Bathing, that he has made a most convenient Bath in his House) told me, that he has long observ'd, those that use *Exercise*, and eat *Fish* and *Milk Meats* often, are seldom or never troubled with the *Stone*, &c.

And I remember Mr. *Pennet* of *Putney*, a very honest Man, and a good Surgeon, being much troubled with the Infirmities of short Breathing, and much stuff in his Lungs, told me, That he very much fear'd that his Distemper was owing to his much drinking of *new Ale*. And many have complain'd of Pains in the *Bowels*, from drinking of turbid, thick, *yeasty*, nasty, new *Ale*; which I look upon to be a very unwholsome, dangerous Liquor: and that *yeasty new Bread*, together with *stale Flesh* and *Fish*, is the chief cause of most of the Dis-

eases that the generality of the People labour under here in Town. For a Sir-r---. is a Sir-r-----, whether boil'd or bak'd; for the T----- that you han't in your Drink, you have in your *Bread*; and therefore I like well the Adage, *viz.*

Drink what is *clear*,
 And eat what is *new*;
 Conceal what you *hear*,
 And speak what is *true*.

And until this be remedy'd by the Magistrate, and it be made Criminal to vend such thick unwholsome *Liquors*, the People may *drink* on, and *die* on; and a great Shame it is, that such a Church-yard *Article* as this, should so long prevail, perhaps unknown, unthought of, or consider'd, &c.

Anno 1670. Several Scorbutick and other unknown Diseases, raging among the Poorer sort of People, from the insalubrity of bad Bread, and Malt Drinks, which then began to be in fashion in the City of *Paris*; It so alarm'd the Parliament there, that there was a Consult of Ten of the most learned Physicians appointed to enquire into the Cause; and they found it to proceed from the use of bad, hard, Well-Waters,

ters, and the scarcity of well bak'd, wholesome Country Bread, called there *Pain de Gonesse*; and that the City Bakers used privately, the Excrements of Malt-Liquors, call'd *Baulingers au petit Pain*, nasty Barm and Yeast, instead of Eggs, Milk and Leaven, &c.

And I once saw a Brewer's Dog, a young large Mastiff, had an *Arthritis vaga*, and his Limbs terribly swell'd, with lapping new Ale, and licking the Yeast from their Troughs and Stillings, and afterwards died of the Gout and Dropsie. So cursedly unwholesome are the *feces* of Malt Liquors, which hitherto has been slid over, and not look'd into, and consider'd.

I have oft consider'd the Nature of Water, that its constituent Parts are subtile and fine, beyond Conception, what strange Nourishment it gives in mixtures, and how very little drank *per se*: as for Example. Mix an Ounce of Oatmeal with a Pint of Milk, and give it to a Pig, &c. and mix with such a quantity of Milk and Oatmeal, a quart of Water, and it shall nourish as much more, as has been often tryed on young Animals. Probably the Oatmeal being clammy, glutinous and thick, can't so well pass the Strainers into the Blood, as by the help of the Water, to dilute, and lead

it along through all the Labyrinths and Mazes of Digestions and Circulations; and how little Oatmeal, with Water, will keep a Man alive, and in Health, is hardly credible: but I have forgot the Story told, as to the quantity, but I am sure a Hen would eat more in a Day, whole in the Grain, and unground, than he did almost in two Days; and such Nourishment, with Exercise, is wholesome, clean, cool and good. According to *Hippocrates*, Sect. iv. Aphor. xlviii. where he commends Oats as an admirable Grain, to be us'd both in Meat and Drink; and the Notes upon that Aphorism by *Sponius*, are worth reading. I mention Oats, because I have tried all Grains with Cold Water, in Diseases of the Lungs, and find none like Oatmeal, for *Humectat & Refrigerat*. And I know a certain Distemper cur'd by such a Dyet, and Cold Bathing, when the Patient was brought to the brink of the Grave, and nothing else would do.

I had another Gentleman under my Care, who had first tryed the Hot Baths, which prepar'd him the better for Cold Immersion. His was a Scorbutick *Palsy*, with wandering Pains, much like the *Arthritis vaga*, but without inflammations, but sometimes Swellings on the back of his Hands,
and

and Feet. Oatmeal and Water brew'd cold, together with a very little Sugar, was, for some time, his constant Drink; and by the use of the Cold Bath, about a Month after he had moderately used the Hot, he was perfectly cured.

The Cure of an Ague (by a forc'd Put) on Mr. Edward Boswell, late Gunner of Her Majesty's Ship, the Sea-Horse, and since of the Griffin Fire-ship. In a Letter to me.

S I R,

I Being on board the *Elizabeth*, a Merchant Man, in the Year 93, I had got a terrible Ague, which held me about five Weeks. We lay at Anchor in *Torbay*, and had extream bad Weather, infomuch that I was perpetually Wet, during the Storm, the Ship being very leaky, and I forc'd to be upon Deck, &c. It was extream Frosty Weather, and sharp hard gales of Wind, our Ship was forc'd on Shoar on the Rocks, beating her self to pieces. I was resolv'd to com-
mit

‘ mit my self to the Seas, and the Mercies
‘ of Almighty God ; and being a pretty
‘ good Swimmer, I leap’d over-board, but
‘ being weak and feeble, could not reach
‘ the Shoar ; and my strength being gone,
‘ I resign’d my self up for another World ;
‘ but being near the Shoar, a Black leap’d
‘ in, and caught hold of me, and pluck’d
‘ me out. I was Speechless. The People
‘ got me into a House, and laid me in Bed,
‘ and the next Day I was as well as ever I
‘ was in my Life. In a few Days I set
‘ forwards towards *London*, having nothing
‘ but a thin Waist-coat, and Calamanco
‘ Breeches ; so I travell’d 80 Miles in the
‘ Snow, without either Shooes or Stockings.
‘ But notwithstanding all these severe hard-
‘ ships, I never catch’d Cold. There are
‘ several Men alive, that were Ship-wreck’d
‘ with me, that can attest this.

I am

Your humble Servant.

Edward Boswell.

One Mr. *Holding* told me, of his own Knowledge, that before the Fire of *London*, a Citizen long troubl'd with a quartan Ague, and finding no Cure from taking great quantities of unsuccessful Physick, was advis'd, by a Friend, to leap into Cold Water, it being in the Month of *December*: he fully resolving to try it, acquainted only two or three of his Companions, and having got a Boat ready to take him up, about two or three a Clock in the Morning, it being near the time he expected his Fit, down went he to *Queen-Hith*, and sat on the Rail ready to bounce in, (it being a clear Moon-shiny-Night) and all things prepar'd to receive him. In he leap'd, was taken up and put to Bed, where he sweat plentifully, but never hear'd more of his old shivering Companion. I remember, his Dialogue with his Ague, was the talk of the Town.

I have known a great many Agues cur'd by a sudden plunge into Cold Water; but the Person to be submerg'd (for without a duck over Head and Ears, it will not do so effectually) should always be told of the design, and give their consent. For I knew a pretty young Woman surpriz'd, under the Notion of gathering some *Liver-wort*, which grew on the Wall by the Ponds brink,

brink, which was very deep in that Place, and as she was stooping, her own Father (I think) took her by the Heels and pop'd her in. 'Tis true, it cur'd her Ague, but made a worse swop; for she was that Moment seiz'd with Epileptick *Fits*, from the Fright, which held her many Years after, much to the trouble of her Friends and Relations. And Epilepsies gotten by Frights, are very stubborn, and rarely admit of a Cure, or if they do, upon the least Fright or appearance of Danger, they are apt to return.

Young Children take less harm than People more adult, because not so apprehensible of Danger.

That a sudden plunge into Cold Water has cur'd many *Agues* of all sorts, nothing is more known, because very common; but the reason why some have miss'd of a Cure, is as clear. For, either first they go into the Bath, and do not wet their *Heads*, which is doing nothing: for if the cold and pressure be not made equally upon the whole Body, the Spirits cannot be driven equally from the Circumference to the Center, so have not Strength enough on their return, to force their way thro' the Passages lock'd up and obstructed, suppos'd to be the chief Cause and Seat of *Agues*.

Se-

Secondly, some go in cram'd and fill'd with Meat and Drink, or not empty, and repar'd by Fasting or Physick; or else do not chuse the properest Season for the immersion; as to go in three or four Hours, either before or after the *Fit*, when alas! the only critical Minute is, as the Enemy is at the Door, just upon the approach of the *Fit*, when the Blood and Spirits struggle to enter the Gates, and force the obstructed and block'd-up *Passages*, which confine and hinder the genuine and due Circulations and Secretions, &c.

I had a Patient, one *John Williams*, that was a strong Country-man, who had so long labour'd under a severe *Quartan*, that it had very much reduc'd him to a cachectical ill habit, and his Blood was poor, low, and fizy. He had been in the Cold Bath many times, but without any benefit. I advis'd him to invigorate his Blood with a Glafs of *Wine*, with some *Antiscorbutick Spirits*, to eat wholesome, fresh Food, new kill'd, keep merry Company, and after some time to try the Cold Bath upon the accession of the *Fit*, just to submerge, and so out, which he punctually did, and receiv'd a perfect *Cure* upon the Essay.

And now I have mentioned fresh Food new-kill'd, I'll here relate a short Story I had from
that

that Ingenious Gentleman, Mr. *John Lambert* Son to the old General *Lambert*, so long a Prisoner in *Pendennis Castle*, &c. This Mr. *Lambert* living at his Estate in *Craven* in *Yorkshire*, one Morning his Man told him he could shew him where a Wood-cock was hang'd in a Snare, and that by the rustling and struggling of the Bird he came to discover it. He bid him take another Servant with him, and watch privately who came to relieve it, which accordingly they did, and brought before before his Worship (he being in the Commission of Peace) a very *old Man*, of a florid, sanguine Complexion. He ask'd the old Man where he liv'd? he answer'd five Miles from that Place: He ask'd him since he had broke the Laws, and was taken in the action of destroying the Game, what he had to say for himself, that he should not be sent to *Tork Goal*? he down on his Knees, and begg'd him to pity his great Age; he ask'd him how old he was? he answer'd a *hundred* wanting two: he ask'd him how he came to be so *hale*, and look so well at that Age? he answer'd, why, your Worship sees, by catching a *hollow Bit*, and eating it fresh, and if I can, quoth he, I roast it or broil it, before it be cold, &c. And upon farther talk with him, he found that his Drink was, for the most part;

part, sowre Milk, as Whey, Butter-Milk, or else Oatmeal and Water, but very rarely any strong Drink; and that his Bread was made of *Oats*, and that he went thin *Clad*, and generally was wet in his *Feet*, either with the *Dem*, or laying his Springes in *Rills* of Water, and running *Brooks*. And that in the Summer time, he lov'd Fishing, and much wading in the Water, &c. So the Justice, upon his promise of amendment, let him go, tho', said Mr. *Lambert*, I believe he catch'd 'em as much to sell, as to eat; for he had in his Baggs, a Hare, and two or three Wood-cocks more, which I fairly divided with my old Man, for I took half of the Fowl he had, and gave him the rest. He also told me, that he believ'd he spoke true, as to his not being us'd to *strong Drink*; for I made my Man give him a Cup of *Ale*, with a little Toast in it, which was under a Pint, yet it almost fuddled him.

And as touching fresh and stale Meats, it is very evident, that Meat new-kill'd has twice the Nourishment of stale Meats. For Meat hung by, and not salted, the volatile Spirits evaporate and fly off, and the Juices grow rancid, and contract a cadaverous ill Taste. I remember a Poulterer told Capt. *Wicks*, and my self, that he,
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in the great Frost in *Anno* 1683. that he sold Ducks for the Lord Mayors Table in *February*, which were brought to him on the latter end of *November*, or beginning of *December*, the Weather being cold and frosty, which preserv'd 'em from stinking, but not from putrification, for they were as rotten and soft as a Sir--r——. And a Gentleman and I once eat a couple of very stale Teal, that threw us into great disorder at our Stomachs, and notwithstanding we took all precaution, as Wine, Brandy, &c. yet we were both render'd Feverish, with a corrupt taste in our Mouths, and much out of order for some time. And I am thoroughly perswaded, that the stale Flesh, Fowl and Fish, that poor People eat (kept by the Retailers of such Wares, to hold up their Prices too long) is the cause of most of our Autumnal putred Fevers, which People mistakenly lay upon the eating of Fruits, &c. And my Lord *Bacon* in his Natural History; after his speaking of those wicked Merchants that sold at *Naples* Man's Flesh barrell'd up for *Tunnis*, *Anno* 1493. that the Pox might be in that Flesh perhaps; or else being eaten might so corrupt the Blood as (that with a little mixture of some other virulent Disease) might produce it. And he adds, it was probably so, because the

Indians

Indians at this Day, the mortallest *Poysons* that they use, have some mixture of Man's Flesh, Blood or Fat; and all Flesh, when 'tis once tainted and corrupt, is all alike venomous and destructive to Human Nature: And we see that carnivorous Animals, both Beasts, Fowl and Fishes, choose to seize and eat their Prey alive, (if they can get it.) 'Tis Hunger only and Necessity inforces them to the eating of *Carrion*, and other corrupt and stinking Meats, &c. So these Precautions may be of use, to make Men careful of what they Eat and Drink. And so again to our Element, Water, &c. A Gentleman of very good Reputation assur'd me, That a Tenant of his in *Wales*, having been for some Years Rheumatick, and Lane, which made him incapable of any Labour; hearing of a very cold Well some few Miles from him, was carry'd to it, where he bathed some time, and came home as perfectly sound, and as well as ever he was in his Life.

Mr. *Thomas Newingham*, of *Cork*, in *Ireland*, a Gentleman of great Worth and Reputation, being at the Bath with his Lady for her Health, this last Summer, and talking of hot and cold Water Cures, he did assure me, that a poor Man in the City of *Cork*, was so Lane, and had so far

lost his Limbs. that he crawl'd on his *Hands* and *Knees*, (I think he said for some Years). He gave me the particulars in Writing, but I had the misfortune to lose or mislay it. That this poor Man was carried to a Well or Spring of excessive cold Water, distant about seven or eight Miles from the City, and in some few Weeks came home straight and upright, and perfectly recovered; and is now in that Town, a laborious working Fellow, and capable of doing any business he is set about, or imploy'd in.

A Captain of a Ship told me, that a Friend of his had a running Gout or Rheumatism, and was so Lame as to go with Crutches, without which help he could not stir one step; and coming (or rather being brought) on board his Ship, to drink a Bowl of *Punch*, whilst they were handing him up the side, whether the Rope slipt, or the Crutch slipt, he could not tell, but down went *Pilgarlick* into the Sea, and having Men and Boats ready at hand, they catch'd hold of him soon enough to save his Life, tho' he was under Water several times. They clapt Hands or Tackle enough to him, to hoist him on Board, and having shifted him from his wet Cloaths, and liquor'd him well with *Punch*, he went home as well as ever he was in his Life. Now *Quaritur*, which did

id the Cure, the Fright or the cold Water? for he could not swim a stroke. Now I am apt to think that this Cure was perform'd from the Fright only, for the Captain told me, that notwithstanding he was well season'd in Sea-brine, yet he was in another Pickle also.

Dining with a Merchant in the City, a young Gentlewoman of *Chiswick* being here also, told us at Table, that the Cold Bath, at once going in, had cured her of a *raw Throat*, which she had labour'd under and found very troublesome for) at least a year and half, and that it is some time since, and that she continues very well.

The Cold Bath has been fam'd for curing old and inveterate *Head-achs*; yet *Head-achs* proceeding from several Causes, it cannot be good for them all: as in this following short History, will be evinc'd and made clear.

A Gentlewoman of good Quality, was afflicted with a periodical Head-ach, and she was accustomed to bleed. Upon the approach of the *Fit*, she in hopes of a perfect Cure, was perswaded (as also from her own Inclinations) to try the Cold Bath, and chose a time to go in. In the intervals of the Paroxysms she purg'd once or twice, as preparatory to it. but did not bleed. The

Immersion she bore very well, but coming home, she fell into a most violent fit of the Head-ach, worse than ever she had: she sent for Dr. Cole, who very judiciously took from her a quantity of Blood, which somewhat abated the rage, but she could get no Sleep. He prescrib'd her a Paregorick which quieted her a little, but still she was much out of order. Sometime after, in a Day or two, he took another quantity of Blood, upon which she was somewhat better, but still the Pain kept Possession. She at length resolv'd for the *Hot Baths* where being arriv'd, Pumping, Bathing and Drinking, reliev'd and cur'd her, and she has continu'd well ever since.

Another Gentlewoman's Maid-Servant complain'd of a great Pain in her *Head*, and heaviness in her *Eyes*; she could bear no hot Application, but was always worse but by *washing* her Head some few times in cold Water, was perfectly cured. So that People should not, of their own Heads giddily rush into either *Hot* or *Cold Baths* but be advis'd by some judicious Physician who may consider the Nature and Cause of the Distemper, and put them into a right method of proceeding in order, and rationally to prescribe such known and experienced

perienç'd Medicines, from which they reasonably may expect a Cure.

In *Gouts* of all sorts, without considering what ought to be done previous to a Cure, People run *susque deque*, Hand over Head, and sometimes headlong to their own Destruction; tho' I have known when both Hot and Cold Baths have wonderfully reliev'd in that cruciating Distemper, when tempestively, cautiously, and wisely prescrib'd. But of this, my very learned Friend and Collegue the Judicious and Sagacious Dr. *Musgrave*, of the City of *Exeter*, in his most learned Piece *De Arthritide Symptomata*, has said of that Distemper all that can be said, and handl'd that peevish and froward *Disease*, with a Care in proportion to its Tenderness, where all the Causes are so accurately describ'd and accounted for, as to find out the Seat and Source of that *Baffler* of our Profession, the *Gout*.

I always thought the *Gout*, (before it was *fixt*, and became a concrete) to be a *liquamen* of acrid, alkalious, lixivial, eroding *Salts*, generated from Intemperance and high Feeding, &c. which is thrown or forc'd by repletion into the Habit and fleshy Parts, and sliding down the tender membranous Coats of the Muscles, there fret, and cause great Pains as they pass; but be-

ing come to their Journeys end, at a *Joint*, stop there, where those corrosive, tartareous Salts exercise their *Tyranny*, until the active volatile struggling Matter is spent, and leaves their inert *Calx*, their *caput mortuum* behind, which are those *Chalk-stones* which *gouty* People complain of, &c. But how *Venery* should be lugg'd in to be a Party concern'd, either in the Cause or Quarrel (with my Friend *Baglivi's* lieve) I can't understand; for among the *Turks*, &c. where they are mostly enervated by Women, they have no such thing as the *Gout*, *Wine* being by their Law forbidden, &c. So lay the load upon the right Horse, and Saddle old *Bacchus's* Back, as the chief Author and Contriver of this *Joint-Evil*, and ask *Venus* Pardon for laying a Drunken *Brat* at her Door, which she never deserv'd for.

And this it is, to be ill nam'd,
When a poor Whore, is (wrongly) blam'd.

A Gentleman with a decay'd Stomach, a wan and pale Look, staggering under a load of nothing but Skin and Bone, his Cat-stick-leggs not being able to support his Cat-like *Carkass*. From a strong young Man,

Man, as he told me, Wine, Women and Watching, had reduc'd him to a meer *Skeleton*, and could not swallow the least Sustenance without Vomiting, and yet a little very strong Wine wou'd stay on his Stomach, which he often spit and always crav'd and hon'd after. *Facto divorcio cum Cerere, eo magis Baccho indulgit, &c.*

He came to me to the Bath, with a Letter from his Physician Dr. Stockham. I found that he had no *Cough* nor *Hectick* Heat nor Loosness, but a general waste, Atrophy and Decay: He had a great Tremor, which he told me was caused from Smoaking too much *Tobacco*; and I believe he guess'd right, as to the cause of that Infirmary, for it vitiates and destroys one of the best Juices of the Body, the *Saliva*, without which we could neither Eat, Drink, Concoct, nor Talk, &c. I speak as to the immoderate Use of it; not but that it may be Medicinal, and is taken with good Success in many Cases, &c. but old Men may take it with less Injury than young Men, notwithstanding they are dryer, for they spit less, and are not so easily disorder'd by the *Fume*, &c.

me to live *ad amussim*, to any Method I would direct him, which now must be altogether Diæteticks and Analepticks. I order'd him from the use of the Bath Waters, to drink a Pint every Morning of the *German* Spaw, and fast till Noon; at Noon to Eat no Flesh nor Fish, but what was new kill'd, and always to rise with an Appetite, concluding his Dinner with a small Glass of Water, and at Night eat nothing but roasted or bak'd Apples, Apple-Pie, Flummery, or the like, and to continue the Spaw-Water 16 or 20 Days, never exceeding a Pint, and as he left them, to do it by degrees, as from a Pint, to two thirds of a Pint, thence to half that quantity, sinking and abating the quantity, not every Day, but every three or four Days a little, and take at least 12 or 14 Days or more, to leave them totally off. For I have seen some fatal consequences ensue, upon leaving any Course, Custom or Method of Living, whether good or bad, suddenly at a Jerk; for Nature is so kind out of self-preservation, as to widen or contract, adapt, fit and modifie the Strainers according to the Figure and Quality of the Aliment received, all which cannot be done in a moment. Hence 'tis, that a small quantity of Food taken, to which we are estrang'd and

and diffus'd, sits, at first, very uneasie on our Stomachs, and consequently cannot be agreeable to all the rest of the Digestions, Alterations and Percolations thro' which it must pass, before it can be elaborated into a genuine and laudable Nourishment. Hence the source of most Diseases: so true is that saying, *Ventriculus male affectus est origo omnium morborum*, &c. Thus having laid the reason of the thing before him, with a full Resolution he went on, and fell by degrees into the use of Milk Meats, and other cooling viands of chyliferous, succulent and good Nourishment. He used Exercise of all sorts, but especially Riding and Swimming, which last did so invigorate his Constitution, that he came, in a Year or two, to a firmer, stronger and better habit of Body than ever he had before; all which argue, that he was Born with a good *Stamen*, and had his Being from sound Parents: and tho' this Gentleman had the good luck to get such a recovery, after being drawn so low by repeated Debaucheries, yet it is not to be depended upon, for not one of forty may have the fortune to escape as he did. The Gentleman is yet living, and is become a Pious Good Man, and a Member of this present Parliament. It is an easie matter, by a constant and regular

lar perseverance, in any wholesome *dietetick* Course, to rectifie and straighten a *warp'd* and *bent* Constitution; but how to mend and reduce a *broken* one, is *hic labor, hoc opus*. How many young *Gentlemen* have I known in my time, that their *Squib* has run to the end of the *Rope*, before they have number'd 30 Years, betwixt the *Cradle* and the *Grave*? &c. and generally their Life, Credit and Estate terminate together, which is the best end a prudent *Debauchee* can propose, to make his Bread and Cheese even. But for a Brainless, Unthinking Animal to outlive his Substance, and become the Jest and Contempt (not only of Mankind in general, but even) of those Land *Leviathans* that have swallow'd him up alive, his own Whores, Pimps and Bawds, &c. This so sticks the tatter'd *Beau* to the *Heart*, if the *Fool* has any, as to get rid of his necessity, he flies to the last Comfort of a Shirtless and Shiftless Desperado, *viz.* a *Bounce*, a *Dose*, or a *Halter*.

From whence he's thrown into a hole,
Till kind Oblivion forgets th' Fool.

One of these unhappy Wretches swol'n with the Drooply *Ascites*, came to me for my advice. I pitying his Penny-less Condition,

dition, gave him a Note to Mr. *Baynes* of the Cold Bath, to let him Bathe *gratis*; but having the conveniency of a Barge or Hoy, he went to the Salt-Water, and by often bathing in the Sea, he was recovered: and I am since inform'd by one of his Friends, that he did not only Bath in the Sea, but that he drank the Salt-Water also; and telling of this Case to Mr. *Alexander English*, Chirurgeon to a Regiment of Horse, he told me that he had known several cur'd by drinking of Salt-Water, even without bathing

Mrs. *Sadler*, a Gentlewoman lately living in St. *John-street*, London, went into the Cold Bath for wandring Rheumatick Pains, which Pains the bathing did not only take off, but cured her of a Deafness also, that she had had for some Years, and she continues very well, it being near two Years since she used the Bath.

A Gentleman extremely Fat, was so very drowsie, that sometimes he would fall a-sleep sitting at Meat, &c. He had long labour'd under that inconveniency, but by drinking Spirit of Sulphur in Spring-Water, and using the Cold Bath, he was perfectly cured; but he told me, that upon eating a full Meal, it was apt to return.

My learned Friend, Mr. Arch-deacon P. laboured under the same Distemper, but by bathing in the Cold Bath, and the Summer after drinking the Bath-Waters, he was very well recovered: but I had lately a Letter from him, wherein he desir'd my advice, by way of prevention, for he had some previous Symptoms which made him fear a return.

A Divine of my acquaintance, very gross and fat, yet a very temperate, sober Man, was cured of such a drowsiness, by stamping Barberries, and drinking the Juice in Spring-water: yea was not only cured of his Veturinity, but it took off much of his superfluous Fat also. I believe not only Barberries, but Verjuice, Oranges, Lemons, Sorrel, or any vegetative Acid, where it could be drank in quantity, without bringing upon them the *Ardor ventriculi*, corruptly call'd the Heart-burning, would all, or any of them, do the same thing.

A Gentleman, living near *Tiverton* in *Devonshire*, told me, that he had labour'd under a great Cold for some Months, for which he had wrap'd himself in Flannel, and other woollen Vestments, which had so weaken'd him by perpetual Sweating, that he had no Stomach to eat, and when he did eat, it would not digest; and besides his
ma-

many Cloaths, he wore a quilted Stomacher; but by the advice of a Friend he left them all off at once, and went into cold Water half a score times, and has been ever since very well.

Sir *John Chichley* told me, that he thought he had (when a young Man) a Consumption, for which his Father sent him to *Montpelier*; when he came there, the Physician whom he consulted, found that he had no Cough, but that his Distemper proceeded from a weakness induc'd by the aperture of the Pores, from the wearing too many thick and warm Cloaths. He sent for his Taylor, who made him a thin fleshy Coat of Sarfenet, or something as thin: With this I rode, quoth he, the cold Hills every Morning, before Sun-rise, when the Dew was on the Ground, for some time; and home I came shivering, and half-starv'd. He would not let me come at a Fire, but walk my self warm. This severe course at first, seem'd very irksome to one used to all the delicacies and softnesses of a tender Mother's breeding; but Custom, which makes every thing easie and familiar, reconcil'd me to it; and I came home with a keen Appetite, a healthful strong Body, beyond all the expectation of Relations and Friends.

A young Gentleman that is very often at the Hot Baths for his diversion, and the benefit of drinking the VVaters there, used to go very thick Clad. I met him this VVinter walking in a very cold Day, bare-breasted, with nothing on, but a thin *Holland* Shirt, and one single drugget Coat. I wondred at it, and ask'd him the reason of that sudden change? he told me, that he went into the Cold Bath two or three times with a Friend, out of a Frolick, and that it had so hardned him, that he felt very little or no Cold. I could give many Instances of Cases like these, but a few Examples may suffice.

Mr. *Rouse* Apothecary, the present Master of his Company, told me of a Patient of his, a Youth that had lost the use of his Limbs by a sort of a *Chorea sancti Viti* (call'd Saint *Vitus's* Jigg) that after the Advice of several Physicians, and several Methods, &c. was at last perfectly recovered by the sole use of the Cold Bath. I think he told me it was a Salter's Son in *Thames-street*, *London*.

A VVoman brought a Child about seven years of Age, which could speak but very drawlingly through weakness of the recurrent Nerves and Muscles of the Tongue, but could not stand unless held up by the Arms,

Arms, having no strength in either her Hips, Knees or Ankles; this Child was much injur'd by Oyntments, Oyls, and other such Things, that had soften'd and relax'd the Joints; I bid the poor VVoman, who liv'd near Mr. *Champness* of *Orchardly* in *Somersetshire*, to get of his Servants a little Verjuice, and rub the Childs Limbs with it cold twice a day; which she did, and found some Benefit by it, but not much; then I advis'd the Cold Bath, and by the help of that she was perfectly cured in five or six weeks time.

Another Child, much about the same Age in a Paralysis, was cured in *St. Mongo's* VVell by immersing 4 or 5 times in a day for 7 or 8 days successively: the Father of the Child gave me this Relation.

'Tis endless to recite the great Cures which have been done on People of all Ages and Sexes where the Cause has been discovered to proceed from Nerval Obstructions, Relaxations, &c. perform'd by Cold Bathing, where 'tis done with Care and Caution: and I have always observ'd, that those are cur'd soonest who have not been tamper'd with by Emplaisters, hot Oyls, &c. for those Things do great Injury to the small and capillary Nerval Filaments, and of the cutaneous Glands, &c.

To

To Dr. Edward Baynard.

S I R,

THough it is easy to collect many Instances that prove the usefulness of Cold Bathing; yet since you apprehend the following Case of Mrs. *Coningham* to contain in it something uncommon, I have, in compliance with your Request, sent you as particular an Account thereof, as after so long a distance of time I am able to recover.

‘ This Gentlewoman at first only complain’d of a sickness in her Stomach after eating; but in a few Months this increased to that degree, that as soon as ever she had eaten, she immediately fainted away, was in cold Sweats, and lost the use of her Limbs: these Symptoms usually continued two or three hours, and then gradually abated.

‘ But after three or four Months, though her Sickness and Faintings went off, yet the use of her Limbs did not return as at first: She consulted several Physicians in *Ireland*, who directed her Vomits, Blisters, Steel-courses and Bitters: But she received no Benefit by any of these. Upon which

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‘ she was brought to *Bath*, and drank those
‘ *VV*aters six Months, and Bathed every
‘ third day; but was no better by either.
‘ She was brought from *Bath* to *London*, and
‘ here consulted *Dr. Cole* and me. *VVe* per-
‘ suaded her to try the Cold Bath. After she
‘ had continued the use of this for two
‘ Months, her Sickness was less, and the
‘ use of her Limbs in a great measure restor’d;
‘ upon which we sent her to *Tunbridge*; she
‘ continued the use of those *VV*aters and
‘ Cold Bathing for six Months, and after-
‘ wards returned so well that she could
‘ walk about the Streets with help of her
‘ Staff.

I am, Sir,

Your humble Servant,

March 8th,
1705.

F. Upton.

About

About three Years since, a Man aged about 50, a free liver, and by Trade a Wigg-maker, a merry Man, and would rest upon his own Infirmities (which was *Paralysis* with a *Tremor*) for being ask'd what made his Hands and Arms hang so rank? he answer'd with Simile's out of his own Trade, I had (quoth he) once a strong and curl'd Constitution, till Claret comb'd it out of its Buckle: And being ask'd why he did not live regularly, and take Advice? he answer'd, I now grow old, and I'm't worth while, and will e'en let my Body wear out its own self its own way: An old Wigg, new bak'd, turns but red, and wears the worse for't, &c. And yet his Fellow, by only drinking the Waters not from the Pump in a Morning, and taking a small Glass of Elecampain Wine a little before Dinner, recover'd his Stomach strangely in a little time, and began to find strength in his Limbs; and had he been rul'd to have used the temperate warm Baths first, and the cold Bath afterwards, I doubted not but to have recovered him. He went from the Bath into his own Country, *Lincolnshire*, and I heard since, that with drinking of Ale, &c. he fell into a *Dropfie*, but whether he is dead or not, I can't say. I have often observ'd, that Wine-drinkers falling

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to

to drinking Malt Liquors, frequently slide into Dropsies; and Ale-drinkers removing to Wine, soon fall into Jaundice, Stone and Gout, and so quickly go off: And the Livers of such People (when open'd) are generally found to be hard, sodden, discolour'd, and Stones; for the most part in the *vesicula felleis*, and sometimes in the *parenchymous* Substance of the Liver it self, especially if they are sippers of Brandy and spirituous distill'd Liquors.

Sometimes we have observ'd, that the Liver is perfectly rotten, and will break with touching. In others, 'tis quite burnt up, and friable. In others, their Liver's pretty well in its natural State; but in such, I have observ'd, that their Heart is soft and white, and not much bigger than a *Turkey Egg*; and where that is seen, usually the *Pericardium* is also shrunk and little, with very little or no Water in it, and sometime again extreamly large and full of Water, of an ill Taste and Colour. I very well remember that when I was at *Leyden*, the learned Dr. *Grew*, and Dr. *Johnston*, of *Warwick*, were there also, and that both Dr. *Franciscus de la Boe Sylvius*, and that most accurate Anatomist Dr. *Drelincurtius*, by a constant, and frequent Practice in Dissections (for besides other private Bodies they open'd

open'd most that dy'd in the Hospitals :) I say, that these Men, from many Observations in morbid Bodies, could (before the Knife was laid upon the defunct) tell what a foul nest of Boxes they should find within : And I have heard *Sylvius* frequently say upon viewing the Corps, and only looking into the Mouth,

Vino & fumo nimis deditus, vita defunctus.

By *Fumus*, he meant Tabaco, to which he was a mortal Enemy ; and I heard him say, that considering the Slobber and Nastiness that great Smoakers make in a Room, (he was of Opinion) that had Tabaco been taken in the primitive Times of Christianity, it wou'd have been reckon'd among the Sins of Uncleanness, &c.

But here it was objected by a *Fumo-sus*, that many acts of our Necessity may be term'd acts of Uncleanness, and yet are not Sinful ; as most domestick Services, as greasing of Boots, washing of Dishes, &c. That's true, quoth *Sylvius*, but no Man greases his Boots, or washes Dishes in his Mouth ; or if he could, or did, yet he'd throw his Dish-water into the Sink, and not in his Dining-Room, Parlour, or Hall, &c.

'Tis but a foreign Invention at the best, a borrow'd Excellency, imitated from a stupid *Indian*, who, ignorant of the use of Mercury, used it as a Salivation for the *Tams*, a sort of Leprosie or Pox among 'em. And now another nasty snuffing Invention is lately set on Foot, which is Snuff-taking, which hangs on their Nostrils, &c. as if it were the Excrements of Maggots tumbld from the Head through the Nose; nay, this Folly is so taking among us, so spreading a Contagion, that even Women and Children now begin to have their Snuff Boxes too, and to speak without snuffing is hardly genteel.

I have read somewhere, I think 'tis in Sir *John Chardin's Travels*, that there is a Kingdom in the *East-Indies* call'd *Botan*, where the Subjects hold their Prince in such esteem and reverence, that they dry and powder his Excrements, and use it as a great Rarity to strew on Meats, or garnish Dishes with, as we do ours with grated Bread or Nutmeg, &c. And I vow Gentlemen, pray pardon me, I never see a Snuff-box in a Man's Hand, but I think of a *Botanian*. The Nose is of great use to the Animal to discharge many Excrements both from the Eyes and Head, &c. and when that Organ is stopt, and the sensible nervous

vous thin Lining of it is by the over-use of pungent Powders made dull and render'd incapable of irritation, it cannot do its Office by discharging those phlegmy cold Excrements necessary to be extruded for the Safety, Health and Well-being of the Creature. So true is that Saying of Solomon, *God has made Man upright, but he has found out many Inventions, &c.*

And altho' the Allusion holds true, yet methinks I hear some supercilious Judgment-spender (call'd a *Critick*) say, what a Blockhead is this? by *Uncleanness* there is meant any mental Pollution, by defiling the inward Man with wanton unclean Thoughts, excursive from his Baptismal Promises, &c. which commences equally Criminal with the external Act, &c. The *Etymology* of which word is necessary to be known. *Uncleanness* therefore is call'd in the Latin *immunditia*, but according to the nicer Neotericks, *immundities*; in the Greek *Acosmia*; in the Teutonic or High-Dutch *Greasy-beard*; in Low-Dutch *Slobber-chops*; in French *Lousiness*; in Scotch *Scrubado*; and in Welch a *Flannel-Shirt*: Now these Difficulties clear'd up, premis'd and known, the Author may proceed, &c. Thank you, Mr. Critick, I suppose you are wise with the rest of your

Brethren, by a Figure call'd *Catacoxcombis*, &c. But to Business.

One Captain *Cliff* that used the *Guinea* Trade, but since gone to *India*, I am inform'd by a Friend of his, Mr. *Brown* a Wine-cooper, that he was poyson'd there, and lost the use of his Limbs, so that he could not feed himself, yet by the use of the hot Baths, and drinking the Waters there for some time, was perfectly recovered to his Health.

One Mr. *Lane*, troubled with a Tremor and Gesticulations much like a Chorea, after the use of the hot Bath was by the Cold Bath perfectly recovered.

Note, That Dr. *Gould's* Son-in-Law, mentioned in the last Impression of this Book, before he used the Cold Bath was several times in the Hot Baths, which prepar'd him for a Cure; so that in many Cases the use of contrary Qualities has perform'd very considerable Cures, &c. which (perhaps) no one Bath singly could have done.

Thomas Moss a Quaker, who came from *Jamaica*, was so infirm by a Rheumatism, *Arthritis vaga*, &c. that he was wrapt like an old Man in Flannels, &c. but being persuaded to the use of the Cold Bath, threw
off

off all his fweltering Harness, and in three or four times Bathing was cured.

One Mr. *Hadly*, of an ill habit from an irregular Life came to the *Bath* about four years since; he complain'd in the right *Hypochondria* and Region of the Liver, and had a great induration there; yet this Man by Drinking, Purging and Bathing, got a perfect Cure: But before he came to the *Bath* he had been in ill Hands, and wrong manag'd with Chalibeats too soon administer'd.

I knew a Physician that had a severe Jaundice, with a *scirrhus Hepatis*, who was cur'd by the Bath Waters, and by much eating Sallet-wise, the Herb *Taraxicon* only.

This last Summer, Madam *Thislethwayte*, a Daughter of Mr. *Thislethwayte*, of *Winter-loe*, near *Sarum*, *Wilts*, received a great Cure by the Bath Waters join'd with some other Aperitives, in as high a Jaundice as ever was seen, which had long seiz'd her, and she a very lean, emaciated, worn-out, weak Woman. And in this Case, and also most Diseases of the Liver, I think the Bath Waters the best specifick in the World, if taken seasonably, with due Preparatives, and Advice, &c.

In

In all Sprains and Wrenches of the Joints and Tendons, the present application of cold Water, or Verjuice and Water, or Verjuice alone, is the best Remedy yet known. A Gentleman of Quality having strain'd his Ankle by a false step down Stairs, went lame and slip-shoo'd for at least a Year and half; he came to the *Bath* and used the dry Pump much, and often, but *Re infecta*. He was afterwards cured by keeping his Bed a Month, and the application of cold Verjuice three or four times in a Day, and afterwards a strengthening Plaister, &c. And Sprains ill manag'd, have been the loss of many a Man's Legg, and Life too. I have heard many of the Hospital Chirurgeons say, that they have cut off many a Legg from no other Cause but from a Sprain in the beginning, tued, hal'd and wrested by ignorant Bone-setters, pretending it was dislocated and out of Joint, &c.

High Heels usually are the cause of most Strains, either in the Ankle, or Knee, &c. for no Man treads straight and perpendicular with a Heel, nor can he walk far without weariness, especially in the *Knees* and *Muscles* of the Thighs, from the ill figure the Limb is in upon every Step; so that no Man with a high *Heel* can tread strong

strong and boldly, especially with the least weight and burthen on him. Should a Chair-man that uses Pumps, but one Day wear a *Heel* but an *Inch* high, and work so, it would Lame and Cripple him for a Month. For in Man, upon his progression, the Heel comes first to *Ground*, but in *Horses* and most Quadrupeds, the *Toe*; and if the Heel be high, he cannot step with the whole Limb straight: For the Knee bending forwards, verges towards making an *Angle*, as may be seen by making a straight Line from the *Heel* and *Hip*, &c. and in such an unnatural Posture, no Man can walk far and long, without Pain and Weariness; but we must be wiser (forsooth) than our *Maker*: For infinite Wisdom that has made all things by a right and unerring Rule, by Weight, Measure and Number, surely would have set a high Heel to Man at first, when he made him, if he had thought it to have been necessary, &c.

And one thing more I add, as a most necessary Remark, *viz.* That no Man ever sprain'd his Ankle, and rarely his Knee, that never wore a Heel higher than the natural Plan of the Foot; neither have they Corns under the Foot, nor on the Toes, without the Shooe be too strait: I could wish our Soldiers would think of this.

Na-

Naturam Disce sequi.

*Un-erring Nature learn to follow close,
 For quantum sufficit is her just Dose;
 Sufficient clogs no Wheels, and tires no Horse,
 Yet briskly drives the Blood around the Course;
 And hourly adds unto its wasts, supplies
 In due proportion to what's spent and dies.
 Whilst surfeiting corrupts the Purple Gore,
 And bankrupts Nature of her long-liv'd store:
 And thus the Soul is from the Body tore
 Before its time. —————*

*Which, by a temperate Life, in a clean Cell,
 Might full a hundred Years with Comfort dwell,
 And drop, when ripe, as Nuts do slip the }
 Shell.*

A Gentleman contracting a complication of *Vino-venereal* Diseases, which he pleasantly call'd *Twists*, as also finding a sensible weakness and waste in his *Estate*, resolv'd to turn over a new Leaf and become a Wise Man: in order whereunto he put his *Estate* into the Hands of a prudent Mannager, and himself into a Course of *Physick*, rather *Dietetic* than otherwise. He first began with the Purging Waters, with some small Shop-Catharticks to quicken them (for he could drink no great quantities

tities of any thing but Wine, &c.) After due evacuations, he took the Wood-drinks, with some Anti-scorbutick Drops, &c. from thence he went to the *Hot Baths*, bath'd there in the temperate Baths, and drank the Waters moderately, for the space of 8 or 10 Weeks: us'd *Exercise* much, especially Riding and Bowling: he drank Wine very sparingly, and exil'd himself from Women quite, (having no Wife); from thence he came to the *Cold Baths*, to harden and confirm his *Constitution*, persever'd in this good Resolution, and recover'd both his *Health* and *Estate*, then not being above forty Years of Age. But before he went into his own Country, he writ a *Distich* or two over that *Tavern* Door where he used to entertain his *Mistresses*. I hear that he is since married, and has two or three healthful and lusty Children. His Verses were, *viz.*

Before a Tavern ever shall confound me,
Or painted Harlot in her Arms impound me,
A Fever burn me, or a Dropsie dround me. }
That cursed Trade I followed too long,
But now I'll stop before my ALL is gone;
By this Resolve shall Health and Mony save,
And car' no patch'd up Poxes to the Grave.

A Gentleman in a Dyspnœa, and great difficulty of Breathing, went into the Cold Bath several times, but with no great Success; he went to the Hot Baths, and there drank the Waters, and by the use of those Waters grew worse. I soon found the Cause, for he would drink two or three Quarts or more in a Morning, besides what he drank at Meals, and all the Day after. I reduc'd him to the drinking of a Pint only with some drops of the sweet Spirit of Niter, and he soon recover'd; for before he had over-loaded his Blood with Water, which made his respiration difficult, and his Lungs lifted heavy, and I much wonder'd that he did not fall into a Dropsie, or had a discharge by a *Metastasis* into his Head; which misfortune some have fallen into, through drinking too long and too large quantities, especially if they bathe with too much Water in their Bodies, for all Heat and Sweat diminishes Urine, and hinders the due secretions by which the Blood should be discharg'd and deliver'd of its load, &c.

One Mr. *Andrewson* a North Country Gentleman, told me he was cured about ten Years since, of a great difficulty of Breathing, by the using of the Cold Bath at *Holy Well*, and drinking good store of Liqueurish

rish Posset-drink with Fennel-water. *Quæritur*, which did the Cure, the Saint or the Medicine? I believe St. Liquorish and St. Fennel-seed did him more service there, than St. *Winifrid* and all her Crown-shaven-Chaplains, &c.

And now I am gotten into a Northern Story, I must tell one sad one more of a very worthy honest Gentleman of *Lancashire*, some Years since, whose loss was very much lamented; he being then in *London*, fell into a *Diarrhœa*, which was long, and very sharp upon him; Mr. *Peirce* in *Drury-lane* was his Apothecary, and I was his Physician: I used all the *Usualia*, but with little Success; at length I gave him the *Gas Sulphuris*, with some few Drops of, &c. with it, (not *Laudanum* I faithfully declare) which stop'd the Flux and comforted his Bowels, and the Excrements began to be hard and figur'd; and without a figur'd Excrement no Man is right in Health; tho' Ale-drinkers are generally loose and soluble, but that proceeds from the newness and smoothness of those oily Liquors which they take in too great a quantity, &c. But to my Story. The Setters (and perhaps the Sharers) of Dr. *Custard's*-Skull Profits persuaded him (much against his Mind) to send for this *Pulp-pated* Pil-mon-ger;

ger ; in came *Cream* and *Eggs* with his usual Changling's grin (for then the *Rat's-bane* was not so hard of accession as he is now) He first purg'd him, then at him with his (*Pan-pharmacon*) Asses Milk, which smooth'd his Bowels, and made the Acids lose their hold ; down came his *Diarrhæa* again, then he was at his Wits end, (and that no far Journey.) Lord ! Mr. *Peirce*, quoth he, what shall we do ? what was it Dr. *Baynard* gave him ? The *Gas Sulphuris*, reply'd he. *Gas*, quoth the Dr. what the Devil is that ? what is it, a Solid, or a Liquid ? a Liquid, quoth Mr. *Peirce* ; I pray give him some of that *Gas* then. I have none, quoth he, the Dr. brought it himself ; send for some of it, quoth he, by a sham Name, &c. Ay, quoth he, but the Dr. told me that he had no more of it (by him) made. What shall we do then, quoth he ? I know not, quoth t'other. In short, being thus ill treated, he applying to the Fever, (which was only Symptomatical) by Bleeding, Cupping, &c. not knowing the Cause (at least-wise, not what to check or take it off with) so that in a few Days the poor Gentleman squirted out his Soul, and then this Physick *Ananias* look'd like a Dog that had lost his Stones ; for an impudent Fellow out of countenance makes a rueful Figure.

The

The misfortune of this Gentleman, who was well belov'd, was the talk of the Town; and I have been oftentimes since much vex'd that I did not Print the Case, with all his sorry Prescriptions: but, as our *President* said to Mr. *Peirce* when he heard that he had given him Asses Milk, *Alas! poor Man*, quoth he, *he can give no other Milk but Asses Milk.*

I could say much more on this Case to the Shame (if he can be asham'd) of this sorry Medicafter, but that it is but pouring Water on a drown'd Mouse, for he is pelted by every Paltry Proser, and is the very pissing Post of the Poets; for not a Cur in the Country, nor a Dog of a Dogrillist in Town, but holds up his Leg and has one Squirt at him as he passes by.

This Story an Apothecary, now alive, had from Mr. *Peirce's* own mouth, for he was his Master with whom he serv'd his Time.

One thing more I must add, that Mr. *Holmes*, late Apothecary to the *Charter-house*, told me that he having from his long Practice and Observation from Physicians Bills, collected and form'd a very Ingenuous sort of a Dispensatory, by collecting some curious and choice forms of compounding Medicines, which he design'd to have

Publish'd by way of Appendix to Dr. *Bates's* Dispensatory; in order whereunto, he desir'd the consent of the Fellows of the College for the Members to peruse and approve it, the President first beginning by setting his and to it, &c. which most of the Fellows did in order, according to their Seniority; at last he came to *Rats-bane's* House, who was but a young Skull-slinger then, a Cub-Cockatrice, and just crept out of his Toad-hole in *Mutton-Hall*. He receiv'd him with a cock't Haughtiness in proportion to his base and eleemosynary Breeding; the other submissively accosted his Worship with low Bows, *multisq; cringibus*, &c. and shew'd him his Errand he came about. The first thing he lit upon was an *Aperitive Syrup*, wherein was the Herb *Botrys*. *Botrys*, quoth *Fool-enough*, what's that? why, quoth Mr. *Holmes*, 'tis Oak of *Jerusalem*. *Jerusalem*, quoth he, why can't *English* Oak serve the turn? By no means, reply'd *Holmes*, 'tis of a quite contrary Virtue and Operation. *English* Oak is a Styptick and Restraining. Stiff-stick and Resting-joint, what's that, Sir? Quoth he, I will prove out of the Accidence of *Lilly's-grammar*, that *English* Oak is a better Pectoral than your *Jerusalem* Butter-box, as you call it. How so, quoth *Holmes*? How so, quoth the Dr. what think you

you of *Pectora percussit*, *Pectus quoq; Robora sunt*? and the Devil's in't if Oak upon Oak, as you see in the Verse, ben't a Pectoral, when the whole Breast was turn'd into Wainscot. Sir, had you this out of the Accidence, quoth *Holmes*? Yes I had, said *Arsenick*. Why then, said *Holmes*, farewell Accidence, but *ecce Duncce*. This Story Mr. *Holmes* has told to a hundred People about Town. *Qui capit ille facit*.

The greatest Cures that I ever have done in my Life-time, (and I thank God I have had as good luck as my Neighbours) I have done by Simples.

I know a certain Plant in the World infus'd long, whole and unbroken, in warm Bath-Water, and that Water poured on more of the same Plant until the Water is thoroughly impregnated with the essential Volatiles of the Plant, that in a certain Case, 'tis an *Ens Specificum*, and therefore it is admirably wisely and knowingly said of *Helmont*.

——— *Existimo Deum perfecte & sufficienter in simplicibus composuisse completa morborum quorumcunq; remedia*. And a little farther he goes on, *Felix ille qui simplicibus tuto atq; prompte novit tollere & conculcare morbos*. ——— *Itaq; credo simplicia in sua simplicitate esse sufficientia pro sanatione omnium*

morborum, — Et per consequens Dispensatoria violentia componere &nectere plurima totum perdunt. What wonderful Cures do we hear done by the *Indians* purely by Simples? And here I must relate the greatest Cure done (almost *ex tempore*) by an *Indian*, on Mr. *Thomas Clayton*, then a Lawyer in *Virginia*, related by his Brother Mr. *John Clayton*, now a Minister of a Parish in *Dublin*, and a Gentleman very knowing in Physick himself, which he has often told some of our *Greshambites*, which in short was this. His Brother being seiz'd with the Country Disease, *viz.* dry Gripes with a *Paralysis* that had taken away the use of all his Limbs, an *Indian* for so much Brandy, &c. would undertake to cure him. He order'd some VVine or VVater or some such Liquor to be warm'd, into which he scrap'd about a Scruple or half a Dram of a certain Root which he pull'd out of his Pocket, but whetted the Knife he scrap'd it with, because they should not discover by the Smell what the Plant was, &c. Upon his taking this Dose, he fell into a violent Sweat, and repeating the Dose the next Morning, he recover'd as if made whole by a Charm or Miracle. When the *Indian* Doctor was gone, the Maid-Servant found a little bit of this Root drop'd under the Table,

ble, which she presently gave to Mr. *John Clayton*: To work went he a Root-tasting all round the Country for some score of Miles, but with all his Pains and Diligence could not discover the least Foot-steps of this wonder-working Plant. So after many Essays and tiresome Journeys, home he came and rested himself contented. Some-time after this a Sow with Piggs was stung with a Rattle-Snake, the Sow immediately made to the River on a full gallop, grunting and making a hideous Noise, (as the Hogs did with the Devil in 'em) He being in the House and hearing the out-cry, ran to see what the matter was, and following the Sow to the V Water-side, he espy'd, under a large *Sassafras Tree*, a Plant about a yard high, with a Leaf not much unlike our *Angelica*; he cropp'd a Leaf or two and rubb'd them, and he fancied that it had a smell somewhat like the Root we are discoursing on: He immediately upon tasting the Root, found it was the very same that cur'd his Brother, &c.

He gave me a piece of it: it was a very strong *Aromatick*, and scented every thing that it touch'd. Mr. *Clayton* fancy'd it to be by the Description the *Libanotis vera Dioscoridis*, but I think it came the nearest in both Taste and Smell to the Spanish *Meum*,

but far pleasanter and much more *Aromatic*. He also the next Year sent for some of the Seed (he having before he came for *England* discovered more of the Plants) but it got wet with Salt-water in the Passage. He gave some of it to the Ingenious Mr. *Watts* then director of the Physick Garden at *Chelsea*, but it came to nothing; either our Climate was too cold, or the Salt had destroy'd its fecundity, &c. I instance this Relation, that we may see what hidden Power was given by (the *Fiat* of) the great Creator to all the VVorks of his Hands.

So here I have finish'd my Observations of Hot and Cold Bathing, &c. I'll proceed now to give you (Sir *John*) some few Remarks on *Longevity*, and conclude.

*A short Discourse on Longæ-
vity, in several Instances of
Persons living to an extream
old Age, as much from a cool
and temperate Diet and regular
course of Life, as from the
true Basis and Ground of Old
Age, that happy Parental
Blessing, of*

Bona stamina vitæ.

THAT the Devil for once spake true
when he said, *Skin for Skin, and all
that a Man has for his Life, &c.* Long Life
is so desirable, and so valu'd and esteem'd
among Men, that 'tis every Man's Hope
and Wish to obtain it. And yet we see
notwithstanding this great like and love Men
shew and express for it, how remiss and

careless the greatest part of Mankind are in the means to secure it. This supine and stupid neglect arises from our too much trust in a good *Constitution*; when alas! they think not that the least Debauch (tho' it does not blow up, yet) like an Earthquake it shakes the very foundation of the Human *Fabrick*, and repeated Acts soon ruin the *Superstructure*; and because they see some few old Drunkards of fourscore safe waded through an *Aceldama* of their Neighbours *Skulls* that has fallen in the Battle, young Men presently take *non Causa pro Causa*, and imitate them in *Drinking*; not considering that this their *Precedent* had he trim'd his *Lamp* and wisely manag'd the *Flame*, he might have liv'd to have been an *Old Parr* or a *Jenkins*, &c. But alas! where one *Claret-Professor* lives to 80, ten thousand of their *Tyro's* sink under it. I must confess that Company is very pleasant and charming, especially if it be all of a-piece, witty and ingenious; but we should consider how dearly we purchase a little frothy and fleeting Discourse, and swap our precious Time and Health for nothing but *Piss* and *Prate*, for in the Sink or Chamber-pot all Tavern-Delights terminate; and tho' a Man may wrestle through a great many years under a custom and habit of Drinking, yet the

Bottle

Bottle will at last prevail and fairly lay him on his Back. The serious Consideration of this many years since, even in my Youth, dictated this Caution to my Self, viz.

*Trust not to Constitution, 'twill decay,
And twisted Strength its Fibres wears away :
As close-wove Garments of a strong-spun Thread
The Wooff frets out and tears away the Web ;
So Soul and Body tho' ne'er so well conjoin'd,
The longer that they wear the more they grind, }
Then the crackt Organ must impair the Mind. }*
*All finite Things tend to their own undoing,
But Man alone's industrious to his Ruin ;
For what with Ryot, Delicates and Wine,
Turns Pioneer himself to undermine.
Besides the hidden Snares laid in our way,
'The sudden Deaths we hear of every day,
The smoothest Paths have unseen Ambuscades,
And Insecurity Security invades :
For no Man knows what's the next hours event,
Man lives as he does die by Accident.*

How

*How soft is Flesh, how brittle is a Bone!
Time eats up Steel and Monuments of Stone,
And from his Teeth art thou exempt alone?
What Warrant hast thou that thy Body's proof
Against the Anguish of an aching Tooth?
How soon's a Fever rous'd by acute Pains?
The smallest Ails have all their Partizans;
And in intestine Wars they may divide,
And Life's Deserters list on the wrong side.
Diseases, like true Blood-hounds, seize their Dam,
And prey upon the Carcass whence they sprang.
Be always on thy guard, watchful and wise,
Lest Death should take thee napping by surprize.*

A Let-

A Letter giving an Account of one Henry Jenkins a Yorkshire Man, who attained the Age of 169 Years, communicated by Dr. Tancred Robinson F. of the College of Physicians, and R. S. with his Remarks on it.

S I R,

MR. Robinson tells me you desire the Relation of Henry Jenkins's, which is as followeth:

When I came first to live at Bolton, it was told me, there lived in that Parish a Man near an Hundred and fifty Years Old; that he had Sworn as Witness in a Cause at York to an Hundred and twenty Years, which the Judge reproving him for, he said, he was Butler at that time to the Lord Conyers; and they told me, that it was reported his Name was found in some old Register of the Lord Conyers's Menial Servants; but truly it was never in my thoughts to enquire of my Lord Darcy, whether this last particular was true or no; for I believed little

tle of the Story for a great many Years; till one Day being in my Sisters Kitchin, *Henry Jenkins* coming in to beg an Alms, I had a mind to examin him; I told him he was an Old Man, who must suddenly expect to give an Account to God, of all he did or said; and I desired him to tell me very truly how Old he was: he paused a little, and then said, that to the best of his Remembrance he was about One hundred sixty two or three; and I asked him what Kings he remembred? he said *Henry VIII*; I asked what Publick thing he could longest remember? he said *Flowden-field*; I asked whether the King was there, he said no, he was in *France*, and the Earl of *Surry* was General; I asked him how old he might be then? he said, I believe I might be between Ten and Twelve; for, says he, I was sent to *Northallerton* with a Horse Load of Arrows, but they sent a bigger Boy from thence to the Army with them: I thought by these Marks I might find something in Histories, and looked in an old Chronicle that was in the House, and I did find that *Flowden-field* was an Hundred fifty two Years before; so that if he was Ten or Eleven Years Old, he must be One hundred sixty two Years, or three, as he said when I examined him. I found by the Book, that

Bows

Bows and Arrows were then used, and that the Earl he named was then General, and that King *Henry VIII.* was then at *Tournay*, so that I don't know what to Answer to the Consistencies of these things, for *Henry Jenkins* was a poor Man, could neither Write nor Read: There were also four or five in the same Parish, that were reputed all of them to be an Hundred Years Old, or within two or three Years of it, and they all said he was an elderly Man ever since they knew him; for he was born in another Parish, and before any Registers were in Churches, as it is said; he told me then too, that he was Butler to the Lord *Conyers*, and remembered the Abbot of *Fountains-Abby* very well, who used to drink a Glass with his Lord heartily, and that the Dissolution of the Monasteries he said he well remembered.

Ann Savile.

This *Henry Jenkins* departed this Life the eighth Day of *December*, 1670. at *Ellerton* upon *Swale*.

The Battle of *Flowden-field* was Fought upon the ninth Day of *September*, in the Year of our Lord 1513.

Hen-

Henry Jenkins was twelve Years old when *Flowden-field* was Fought, so he lived one hundred sixty and nine Years

Old *Parre* lived One hundred fifty two Years nine Months ; so that *Henry Jenkins* out-lived him by computation sixteen Years, and was the oldest Man born upon the Ruins of this *Post-diluvian* World.

This *Henry Jenkins* in the last Century of his Life was a Fisherman, and used to wade in the Streams ; his Diet was Coarse and Sowr ; but towards the latter end of his Days he begged up and down ; he hath Sworn in Chancery and other Courts, to above 140 Years Memory, and was often at the Assizes at *York*, whither he generally went a-foot : And I have heard some of the Country Gentlemen affirm, that he frequently swam in the Rivers after he was past the Age of One hundred Years.

'Tis to be wished that particular Enquiries were made, and answered, concerning the Temperament of this Man's Body, his manner of Living, and all other Circumstances, which might furnish many useful Instructions to those who are curious about *Longevity*.

Francisco Lupatsoli the *Venetian* Consul at *Smyrna* liv'd 113 years, and had by his Wives and other Women about 50 Children ;

dren; he used to pray for the Soul of all his defunct Mistresses by name. He drank nothing but Water and Milk, sometimes a small Sherbet; his usual Diet was small Soops of Flesh, sometimes of Bread, Water and Figs. He saw at that Age, or near it, without Spectacles, and could hear well. He drank no manner of Tea, Coffee, or Chocolet, nor any fermented Liquor. He went upright. He had some new black Hairs on his Head, and Mr. Ray, the *English* Consul there, told me that he saw a Tooth cut in his upper Gum. He said that he was potent for Women at that Age, and was known to give Mony for a she young Slave to be kind with her. Towards his latter end he complain'd to a Doctor that his Eyes began to grow dim, and desired a Remedy; the Doctor's name was *Barbatscio*. He was a fair Man of a middle Stature, &c.

Mr. Ray lodges at Mr. *Butlers* next door to Mr. *Holt's* in *Charter-house-yard*.

Mr. *John Bill* related that *Richard Lloyd*, born 2 Miles from *Montgomery*, was aged 133 within two Months, a strong, straight and upright Man, wanted no Teeth, had no grey Hairs, which was of a darkish brown Colour; could hear well, and read without Spectacles; fleshy and full cheek'd, and the

the Calves of his Leggs not wasted or shrunk; he could walk well: he was of a tall Stature: his Food was Bread, Cheese and Butter for the most part, and his Drink Whey, Butter-milk or Water, and nothing else; but being by a Neighbour-Gentlewoman perswaded to eat Flesh-meat and drink Malt-Liquors, soon fell off and died. He was a poor labouring Man in Husbandry, &c. To the truth of this, the Copy of the Register produc'd affirm'd it.

Dr. Lower, Brother to our famous Lower, told me, that he saw a Man in the North of an extream Age, full or above six score; he lay on a Pad on the Ground in a dark, smoaky ratter'd Cottage, with a Clout or old Stocking that stopt a hole in (the next to no Wall) a Clay-plaster'd hurdle, with a little Cow lying by him chewing the Cud. I ask'd him what that hole in the Wall serv'd for? He told me that it serv'd to let out Smoke or let in the fresh Air according as he wanted the one, or was oppress'd with t'other. I ask'd him what that Cow serv'd for, with her Mouth so near him? He answer'd, for Refreshment; for, said he, the Breath of the Cow is a Cordial, and much refreshes me when I am faint, &c. I askt him what Diet he us'd? He answer'd Oatmeal made into Water-pottage, and Potato's, and

and sometimes a little Milk when his Son and Daughter did not drink it from him. He said that he had been a labouring Man all his Days, and that he never had been sick as he could remember in his Life; that he eat very little Flesh, &c.

As to being comforted with the Breath of the Cow, 'tis highly rational to believe it; for the Breath was warm, and must emit with it some volatile Salts, and fragrant Particles, analogous to our own Spirits. I have heard several Shepherds and other Cattle-keepers say, That in rousing of their Herds from their Rest in a Morning, the Steems not only of their Bodies, but even the *Effluvia* and Scent of their Dung and Urine has been grateful and refreshing, from those salubrious volatile Salts that they draw in with their Breath in their Sheep-Folds, and Cow-Houses, early in a Morning before the Beams of Light and Heat exhale them, and rob them of the best Nose-gay in the World: And in the times of the Old Patriarchs, no doubt but that the whole Family lay upon the same Floor, Man and Beast, Wife and Children, which might be one cause of their long Life, &c. For in those Days they were Strangers to the cursed Invention of tall Houses and painted Roofs, which the Divine

Seneca, Socrates, Plato, Epictetus, &c. and all the wise Philosophers have so expos'd and rail'd at : for the Pride of Life is really the torment and trouble of it. But whilst the Devil, that Spiritual Taylor, Prince of the Air, can so easily step to *France*, and Monthly fetch us new Fashions, 'tis never likely to be otherwise. What a shame is it, in the Church, the House of God, where People ought to assemble in Sack-cloth and Ashes to lament and mourn for their Sins, to come with Top-Knots, long dangling rump Perry-wiggs, to see who likes who, and make the Church a Spiritual *Hide-Park*, to play with Fans and toss Perry-wiggs, &c. really this is a great Abomination, and Offence even to the little Religion of a Tip-staff or a Turn-key, &c.

There is at the *Bath* an Old Fellow in the Summer time, who is an assistant to the Play-house. I have observ'd this Old Fellow once in a Week, or sometimes oftner, to go to a Milk-House (where I used often to drink Milk) to fill a great Pitcher (which held at least 6 or 7 Quarts) of new Butter-milk, but always kept it until it was sour, and then drank of that and nothing else all the Summer Months, (*id est*) from *April* or *May*, until *October* ; the remaining part of the Year he drank either Water or small Beer,

Beer, tho' he told me that in his Youth he has sometimes drank strong Drinks, but they never agreed with him: And he also told me, that not above 2 Years ago he went from *Bath* to *London* on foot, in two Days, and came home to the *Bath* again in two Days more, and that he was then near 87 Years of Age, as may be seen by the Register. He is a straight upright Man, without stooping, and of his great Age moves wonderfully nimble. He has an ungrateful Name, tho' an honest Fellow, for it is *Seth Unthanke*. He was born in *Milfield*, in the County of *Northumberland*, in *Glendall Ward*, in the Year of our Lord 1617. on the 29th of *September*, in the 15th Year of the Reign of King *James*, and was Baptiz'd in *Kirk Newton*. He was the youngest of 22 Children. His eldest Sister has been dead a Year. He has a Brother living 10 Years older than himself, his eldest Brother has been dead 3 Years. He has a Sister living in *Spittle*, within half a Mile of *Berwick*, 16 Years older than himself. His Unkle was 126 Years old, when he died, he was a Pensioner to the Bishop of *Durham*.

Henry de la grange d'Arquin was born in *France* the 13th of *April* 1606. and was made Cardinal *D'Arquin* by *Innocent* the 12.

the 12th of *December* 1695. He is now at *Rome*, and enjoys Health enough to deserve being called the youngest Man in it. He goes frequently on Foot, diverts himself more than any Body at Feasts, and has often Consorts of Musick at his House, where he entertains the Company with an air of Youth; he lives at liberty, and without constraint. He has a robust Complexion, is not subject to any indisposition, but the Gout, which may proceed from his too much eating, having a most devouring Stomach. He is so little sensible of his great Age, that he often talks of going into *France* for a Year or two, and afterwards then return to *Rome*.

He deny'd himself no Pleasure in his Youth, and notwithstanding is very like to carry the same temperament and briskness to the Grave.

Mr. *Martin* in his description of the Western Islands of *Scotland* says, that *Donald Roy*, who lived in the Isle of *Sand*, where they have neither Physick nor Physician, died lately in the 100th Year of his Age, and was able to Travel and manage his Affairs till about two Years before his death.

He makes mention of one that died about 18 Years ago, aged one hundred and forty, and of another who they said died at one hundred and eighty.

At

At *Bean Soleil*, a Village near *Turin*, I saw, about three Years ago, an old Woman in the Inn that was 105 Years old, as her Grandson told me, who was Master of the Inn. She was become from a tall proper Woman, a short hump-back'd Figure, but had all her Senses in Perfection, and was continually employ'd in the drudgery of the House, and had a prodigious Appetite, as I observed during my stay. She was reputed older by all the neighbouring Villages, and had never been Sick.

It is to be noted, That this Village where she lived, is famous for the best Air in * *Piedmont.*

About two Years and a half since, going into the North Country, and lying at *Northampton*, I desir'd my Landlord of the Inn to shew me the famous old Man so much talk'd of. When I came into his Room, I saw a short, broad-breasted old Fellow sit by the Fire side on a low Stool: I ask'd him how old he was? he answer'd me, that he was 128 and $\frac{1}{2}$. I ask'd him about a great many memorable things done near a 100 Years since, some whereof he perfectly remembred? as the coming in of King *James* the first, &c. and farther said, that he was

P p 3

one

* This Account Dr. Baynard had from Dr. English.

one of the 24 Morrice-Dancers that danc'd before him into the Town: But here I doubted my old Man's veracity, for if I am not mistaken, the King came in the *Yorkshire Road*, through *Huntington*. But however, I found him by all, and by the nicest enquiry I could make, that he was not far short of that Age, as appear'd by the Testimony of several People, some near, others above a hundred; and they all say, that he seem'd to be an old Man ever since they could remember. That he was born in the Town, but before Registers were used, &c. He had a very strong Voice, and spake very heartily and loud. He said (not designing it for a Jest) that he should never die so long as he could breath freely, which is no small Happiness. Diseases and difficulties of the breathing Family, are not only most troublesome, but the most dangerous also; and I never knew a very old Man, but his respiration was very liberal, &c. And this agrees with the Sentiments of *Hippocrates*, viz. *Facile spirare magni momenti est ad salutem*, &c. and *Jacob. Spon.* upon him, *Spirare enim facile partium Thoracicarum libertatem indicat*, &c. And upon this Article, how many Nurses and careless Mothers ought to be hang'd for their hard swathing poor helpless and tender *Infants*, &c? as
in

in another Place I have said more at large ; nay I have seen a *Nurse* lay her heavy *Hand*, and sometimes her *Arm*, upon the *Breast* of a *Child*, as it lay *flat* and supine in her *lap*, until it has been black in the *Face*; which tho' not always the present destruction of it, yet it gives the *Thorax* a crush, which the *Child* may never well recover as long as it lives, &c.

This old Man, whose Name was *John Bales*, told me, that he had buried the whole Town of *Northampton*, except 3 or 4, 20 times over. Strong Drink, quoth the old Man, kills 'em all. He told me that he never was drunk in his Life, and that Water, small Beer and Milk was his drink, sometimes taken *per se*, sometimes mix'd, and that his Food was, for the most part, brown Bread and Cheese; he cared not much for Flesh Meats. He was a sensible old Fellow, and had no Disease but Blindness, which had seiz'd him not above four or five Years, &c.

Mr. *Robinson* Minister of *Ousby* in *Cumberland*, has wrote me several Letters of poor People that have liv'd to extream old Ages, of a hundred and more, and that upon enquiry, he mostly found that they liv'd upon the *lactinia*, especially on Whey and sour Butter-Milk, and Oat-bread, &c.

he also wrote me Word, and I have heard it confirm'd by many other *Cumberland* Gentlemen, That a Man sleeping on some Mineral Bank, the Steam and *Effluvia* of it had turn'd that side of his Hair which lay next the Ground as white as Snow, as also one Eye-brow, and half his Beard, which before was as black as a Raven. This Minister attested this (*verbo sacerdotis*) at *Child's* Coffee-House at the West end of *St. Paul's* Church, before Major *Roycroft* and several others. Mr. *Robinson* desir'd it to be recorded in the Philosophical Transactions, but I hear it was oppos'd by Sir *Tiffany Sleesy* the Muslin-Man.

Mrs. *Hudson*, Mother to Mr. *George Hudson* a Solicitor in Chancery, lived a hundred and five Years, and then died of an acute Disease, by catching Cold. Her Eyes were so very good, that she could see to thread a Needle at that great Age: Her Food was nothing (or very little else) save Bread and Milk all her Life time.

Mr. *Johnston*, Father of Dr. *Johnston* of *Warwick*, always a strong lusty Man, dyed at a hundred and eleven. His usual Drink was Milk and Ale, or Milk and small Beer mixed together.

That

That Milk is of a salubrious, safe and sweet Nourishment, is evident by many Nations that eat much of it, and live long. One Instance of it is at *Croydon* in *Surry*; a Physician of good worth and learning was so kind as to give me an account of himself, who has conquer'd a Distemper, and acquir'd a good Constitution by his drinking of Milk only, eating and drinking nothing else for these 5 or 6 Years past. His *Quantum* is a quart in a Morning, a quart at Noon, and a Pint at Night, without Bread, &c. and to this quantity he exactly keeps; sometimes he drinks it hot, sometimes cold, as for his conveniency it happens.

All those that have written of the Islands of *Scotland*, &c. say, That the *Whig* or *Whey* they boil'd with sweet Herbs, and barrel'd it up for their *Potus ordinarius*.

A hundred Examples of this kind may be found to confirm the Doctrin of Temperance and a cool Diet, as necessary to the prolongation of *Life*; but if an *Angel* from Heaven should come down and Preach it, one *Bottle* of *Burgundy* would be of more force with this *Claret-stew'd* Generation than ten Tun of *Arguments* to the contrary, tho' never so demonstrable and divine, &c.

But

But when alas ! Men come to die

*Of Dropsy, Jaundice, Stone and Gout,
When the black Reckoning draws nigh,
And Life (before the Bottle)'s out :*

*When (low drawn) Time's upon the Tilt,
Few Sands and Minuts left to run ;
And all our (past gone) years are spilt,
And the great Work is left undone :*

*When restless Conscience knocks within
And in Despair begins to baul,
Death like a Drawer then steps in,
And asketh, Gentlemen ! d'ye call ?*

*I wish that Men would, timely, think
On this great Truth in their full Bowls,
Both I and WILL. of Ludgate-hill,
And all our Friends round Pauls.*

*As the Divine Herbert has it,
A Verse may find him whom a Sermon flies,
And turn Delight into a Sacrifice. &c.*

VIRGIL'S Cold Bath,

Describing a People invigorated and
harden'd by using to wash in the
Cold Streams from their Infancy,
&c.

Æneid. 9. juxta finem.

*Durum e stirpe genus, natos ad flumina primum
Deferimus sævoq; gelu, duramus & undis.*

Paraphras'd.

A Hardy People from their Childhood bold,
Descended from a Race inur'd to Cold;
Bathing their Infant-limbs in Winters Flood
Reverberates the Heat upon their Blood;
The rous'd-up Flame makes the whole fluid boil,
Destils brisk Spirits from good Blood and Chyle,
Bracing the Nerves and fibrous Muscles tight
For Battle strong, for Hunting swift in flight.

This

*This bars the doors through which Life's vigour
(strays,
And locks th' Pores up with a cold bunch of Keys.
So Vulcan forging Shields for th' Sons of Mars
'Tis Thetis makes his glowing Fire so fierce ;
For as he blows she sprinkles on the Coal,
The open'd Sulphur gives to Fire a Soul :
Thus from its contrary does Strength acquire,
And what would seem to quench does raise the fire.
So Man that often to the Streams resorts,
His Life becomes an impregnable Fort ;
Not only a keen Appetite creates,
But the whole vital Force invigorates,
And gives a Tone to all the Body's vents,
Perspires in unseen Smoak its Excrements ;
Where every Ductus carries off his share,
And every Gland is her own Scavenger.
(A Secret only known to th' learned * Cole
Who trac'd Dame Nature thro' her smallest hole,
Found all her Foils so long lay hid in night,
And all her secret Mewses brought to light,*

* Dr. Cole de secretion Animal. & Aetiolog. ad
Doct. Hub.

And in the dark before where no Man come,
The Pocher catch'd her squat upon the form.)
Thus in the Infant is the Man made strong,
Nothing but Time can shake his Garrison;
For who to hardships from his Youth's inur'd,
From Stone and Gout and painful Death's se-
(cur'd.

And he that this way for old Age prepares,
Is sure (bar Accidents) of a hundred Years.
Finds no decay, is one and still the same,
And's mind sublimed by a stronger Flame;
For sure the Soul must take a great delight,
And act with Pleasure where her Organ's bright:
For where the Body's sound, and th' Mind is
Man in himself enjoys a Heaven there. (clear,
Thus Nature undisturb'd in this bless'd State,
Renders the Passions calm, his Mind sedate.
For where she's warm below and cool above,
That happy Man can both instruct and love.
To Men his long Experience may impart,
To Women shew the green-house of his Heart.

Where

*Where blooming Love is in its blossom gay,
For his December is their Month of May,
Just in his prime, when other Men decay.
For all the tender brood do perish soon,
Their setting Sun is his meridian Noon;
Whose vital Heat around his World does run,
And not confin'd to Stages like the Sun.
Thus at an hundred Years his third brisk Wife
(enjoys,
And stocks a Village with his Girls and Boys;
With his Children's Children's Children, toys
(and plays,
And finds their Inclinations by their ways.
There sees himself in every smile and laugh
In their young Faces, four Generations off.
But when the fatal Hour draws on,
For Man must die, tho' he live ne'er so long,
Time that disarms the Oak will seize the strong.
Finds he decays, and must dear Joan forsake,
Yet he will Cobble where he cannot make.
Then comes the Curse, when impotent desire
Broods o'er the Ashes of extinguish'd Fire:*

For

*For when the power to act is past and dead,
The Ghost of Lust then haunts the old Man's
(Head.*

I don't at all doubt but that Mr. *Wou'd be Wise*, call'd a *Critick*, will be nibbling at this our *Book*, and indeed all that Write should have some *Rubbish* in their Writings to make a *Bait* for a *Critick*, who are catch'd like *Sparrows* in a scrape of *Chaff*; and so because they shan't lose their expectation, I only trull 'em a couple of *Rumblers*, which, if they don't like, let them take any other that they do like, *viz.*

*This barrs the Doors thro' which Lifes Vigour
strays,)*

*And loc's th' Pores up with a cold bunch of Keys,
(&c.*

Now if any Man should have the misfortune (*as his Mother had*) to labour under the superferation of *Fool*, and ask the question, Pray is it *true* that the *Cold Bath*, like a *Dutch-Womans Girdle*, or a *Sexton* of a *Church*, has a *Key* to every *Pore* in the *Skin*? I answer, that I could only have wish'd that he had liv'd in the time of *Æsop*, and have ask'd him if it were true, that the *Horse* talk'd
to

to the *Hawk*, or the *Cat* to the *Kite*; would he not have told him he was a *Coxcomb*?

But if any, out of a felonious intent to pick a *Lock* or a *Quarrel* with my bunch of *Keys*, or any thing else contain'd in this *Treatise*, let him sit down, smoak a sober *Pipe*, take the *Context* with the *Text*, and read it quite through; then when he and I meet, we may shake Hands and be Friends, as being upon the *level*, for I never knew a bad *Writer*, but that there was a *Fool Reader* for him ready cut and dry'd, &c.

*For when a Book before a Critick lies,
He reads to carp, or filches to be Wise.*

And now, Sir *John*, you and I may do as they do at *Funds* and *Lotteries*, e'en close the *Book*, for I never intend to write more upon this *Subject*, and am once more

Your humble Servant,

*Lond. March, 25.
1706.*

Edw. Baynard.

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